

THE FRENCH CHEF

IN

PRIVATE AMERICAN FAMILIES

XAVIER RASKIN



DISCARD

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A BOOK OF RECIPES

By
XAVIER RASKIN

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Dedicated to
MRS. ELLIOTT McALLISTER
In Appreciation
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Encouragement



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PREFACE

COOKERY is an art, the resulting product of centuries of experience. The French cooks who have migrated to the United States, as well as cooks from other parts of the world, have brought to this country the experiences that they have acquired at home, and their best recipes have become so familiar to the American people, that today, combined with American recipes, they form the ordinary menu of clubs, hotels, and private families.

Most of these recipes have retained their foreign names, mainly due to the fact that it is impossible to find correct translations for them.

In this book the author has aimed to render his work complete by giving, besides the French formulas and French methods of cooking, all recipes as they were required in the American private families and clubs where he has worked. Some of these recipes are plain and inexpensive while others are elaborate, and others are expensive but not extravagant, intended for use when economy is not a necessity or not to be considered, as, for instance, for a Ceremonial Luncheon or Formal Dinner Menu. All may be utilized by the professional as well as the inexperienced cook, although to the novice a study of the fundamental articles, "Methods of Cooking," etc., is recommended.

Care has been taken to explain each recipe clearly and the rules that appertain to them. Often suggestions are made as to how to substitute materials when articles called for are not on hand, and the practical, economical use of left-overs is treated at length.

This book is intended for private families and there are very few recipes in it which the average housekeeper will not find within her means and experience. For the past twenty years I have worked in American homes, and I have selected for this book largely the recipes which have been most called for by the families I have served.

XAVIER RASKIN.

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“To be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and meet in fields and groves, savory in meat. It means carefulness, inventiveness, watchfulness, willingness, readiness of appliance. It means the economy of your greatgrandmother and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, French art and Arabian hospitality; it means in fine that you are to be perfectly and always ladies and you are to see that everybody has something nice to eat.”

—*Ruskin.*

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CHAPTER I

GENERAL INFORMATION

NECESSITY OF CAREFUL, EXACT MEASUREMENTS—EFFICIENCY AND ECONOMY—VEGETABLES A NECESSARY PART OF OUR DIET—UTILIZING REMNANTS OF VEGETABLES—DESIRABLE INFORMATION ABOUT FISH—THE PRESERVATION OF FOOD—UTILIZING LEFT-OVERS AND TRIMMINGS OF FOOD—PLANNING MENUS WITH REFERENCE TO FOOD VALUES—IMPORTANT ITEMS ABOUT THE MENU—SUITABLE METHODS OF COOKERY FOR DIFFERENT CUTS OF MEAT—UNCLASSIFIED METHODS OF COOKING MEATS.

SUCCESS in cooking largely depends on a knowledge and understanding of certain fixed and accepted rules. It is important, therefore, to carefully note the following instructions on "mixing," "methods," "planning," etc. Many failures in cookery, on following a given formula, are due to incorrect measurement of the different ingredients, and also to lack of knowledge as to regulating the heat of the oven.

Necessity of Careful, Exact Measurements

Exact measurements are necessary to success in cooking, as is exactitude in all other branches of the art; when a recipe calls for one cup of liquid or of dry ingredients it does not mean *any* cup which may happen to be at hand, but a *standard measuring cup*, which holds the equal of half a pint or 16 tablespoonfuls of liquid.

These standard cups are marked off into thirds, quarters, and halves. They can be purchased for a few

cents each, and are obtainable in metal or glass, the glass being preferable. Two cups should be kept always on hand, one to be used for measuring liquids, the other for measuring dry ingredients.

To measure a cup of liquid or solid material, *fill the cup level to top mark line*. Shortening packed into a cup, level measurement, equals in weight about 8 ounces. To top mark line of measuring cup it equals about $7\frac{5}{8}$ ounces.

To avoid waste, it is best to weigh butter, crisco, lard, etc.

TABLE OF COMPARATIVE WEIGHTS AND MEASURES

| | | |
|--|---|----------|
| 2 cups granulated sugar . . . | = | 1 pound |
| $2\frac{1}{2}$ cups powdered sugar . . . | = | 1 pound |
| 10 eggs, broken are considered . . | = | 1 pound |
| 2 cups water, milk or vinegar . . | = | 1 pound |
| 1 cup white bread flour . . . | = | 4 ounces |
| 1 cup fine cornmeal . . . | = | 4 ounces |
| 1 cup coarse cornmeal . . . | = | 5 ounces |
| 1 cup cornstarch . . . | = | 6 ounces |
| 1 cup potato flour . . . | = | 6 ounces |
| 1 cup farina . . . | = | 6 ounces |
| 1 cup rice flour . . . | = | 5 ounces |
| 1 cup rolled oats . . . | = | 3 ounces |
| 1 cup broken eggs . . . | = | 5 eggs |
| 1 cup yolks of eggs . . . | = | 12 yolks |
| 1 cup whites of eggs . . . | = | 8 whites |

Butter the "size of an egg" means $1\frac{1}{2}$ ounces.

One cupful of liquid sweetening, such as thick syrup, is considered the equal of 1 cup of sugar plus $\frac{1}{4}$ cup of water.

In measuring by teaspoon, the standard size to use is one which holds 60 drops. The spoon may be tested with an ordinary dropper and cold water. To measure a spoonful of dry ingredients, use the back of a table knife to level contents of spoon to exact evenness with edge.

Efficiency and Economy

First of all, the marketing must be done with care and judgment. Purchase supplies in or near the height of the season, as fruits, vegetables and eggs are best when most abundant, and at this time also they are, through their abundance, cheaper in each outlay.

Economy by no means lies in the purchasing of cheap, inferior products, but it does mean thoughtful buying. Menus, also, must be planned in such manner as to utilize in the day's meals, alone or in combination, such remnants as may be on hand, as well as perishable foods which may be lost if not cooked immediately.

Keep data as to the amount of food required for your family for previous meals, and gauge your buying accordingly, that you may learn as closely as possible the exact requirements for keeping your family well and vigorous. Buy only the amount of meat, fish and vegetables required, and vary the diet as much as possible.

As efficiency is gauged by its results, give to the planning of your menu careful thought as to desirable variety. Give consideration to all food remnants on hand, then buy whatever needed to complete an appetizing nourishing meal. Finally, select the cooking method best suited to each article; and if you have managed to use successfully the remnants of meat, vegetables and cereals, and have produced a good and satisfying meal, you may claim efficiency.

For example, suppose that we have on hand beef, mutton, veal, or pork roast which has left the table in unsightly form, but which still has much food value, how shall we remodel it into attractive, appetizing dishes?

Slice such portions of the meat as can be sliced neatly; arrange slices in a shallow dish and cover with a boiling hot, slightly thickened sauce made of the meat's own gravy; cover and let stand in a hot place till the meat is thoroughly warmed through. It must on no account be permitted to boil, as boiling would toughen the meat. Serve with gravy-sauce over meat and a border of rice, potatoes, or vegetables, or, with hot stew dumplings.

As a substitute for the meat gravy in making the

sauce, a White Sauce, or any sauce of a flavor harmonizing with the special meat used, may be served over the meat. Such portions of the meat as can not be sliced may be cut into dice and after removing tough parts, fat and small bones warmed in a White Sauce, or they may be cut into inch-square cubes and used to make a stew or a meat pie. All remnants of meat may, by cutting into dice or by forcing through a meat cutter, be utilized in croquettes, timbales, or as dressing on toast if added to White Sauce.

Many of the best *entrées* are made of odds and ends, and recipes for these are given further on.

Methods of Cooking

Another attribute of efficiency is a thorough understanding of the best methods of cooking each and every kind and cut of meat, fish or fowl, as well as the proper selection and cooking of the vegetables accompanying them.

We have shown that the housewife's first consideration must be to buy efficiently, at minimum cost, the exact amounts of foods required by her family. She must consider the habits and requirements of her particular family, remembering that the manual laborer and the athlete require larger proportions of meat in their ration balance than do the student, the clerk or others of sedentary habits. Out-of-door workers demand much meat. The laborer demands the rich red meats and salmon. The delicate and the sedentary require more of the white meats, birds and the delicate fish.

The manual laborer requires meat three times daily, while one daily meal of meat is about all that the sedentary person can assimilate without ultimate injury. Elderly persons and children should use meat sparingly.

It is agreed that the meat-eating peoples are the most energetic and vigorous, and of larger and more robust frame. This is because meat supplies tissue and muscle matériel, as well as fat and energy.

As a certain amount only of food elements can be assimilated by the digestive system, it is necessary to balance the meat ration with a suitably selected portion

of properly cooked vegetables; carefully avoiding a surplus supply of the protein of meats to the elimination of the salts and minerals supplied by vegetables. The serving of a meal in an attractive, appetizing manner is a by no means small matter in the part of economy. That which is served in such manner as to please the eye, tends to awaken the appetite and enliven the action of the digestive juices, and thus the carefully cooked food is insured its ultimate goal, which is to build up body and health by proper assimilation.

Judgment must be used where economy is called into question, in the choosing between a cheap or a high priced article of food. In some cases it is truer economy to buy the higher priced, because it is a first-class product against an inferior one.

Suppose, for instance, you desire to make a fine chicken fricassée, and you are in doubt as to which to buy, a large, old fowl, or a young chicken, at about the same outlay of money for each. The old fowl will require three to four hours' boiling, which will melt a half-pound of fat from the original weight, this fat mingling with the boiling liquor, and there will be left big bones, thick fat skin, and very little meat of a real chicken flavor. The young chicken will have small bones, thin skin, and delicate tender meat, which will give to the finished product justification for its reputation as one of the finest of French entrées.

It is true economy, also, to buy the choice ham rather than the over-salted, poorly cured "cheap" ham. The loss in large portion of the lean meat through salt-hardened fibres, entirely offsets the higher first cost of the better ham, whose trimmings, shank bones, and often even the rind, may be appetizingly utilized. Experience with the two will soon decide you in favor of the higher grade ham.

To buy old, poorly kept eggs is not only uneconomical, but absolutely wasteful. The yolks will not separate readily from the whites, and the result will be a poorly finished product, whether a cake, pudding or quick bread. Nearly all good recipes call for separated yolks and whites.

Fruit cakes and other rich cakes that are desirable to keep on hand should be made in quantity at the time of year when eggs are plentiful and cheapest. This is also the season for making such entrées as call for eggs. As a food, eggs are rich in albumin, phosphorus and lime, and an oily fat which is readily assimilated if taken raw. Because they are lacking in starch, they are served with starchy foods, such as toast, or in rice, farina or sago puddings, thus giving a light but complete diet. Ten eggs are said to equal, in food value, one pound of beefsteak.

Vegetables Are a Necessary Part of Our Diet

Vegetables supply the mineral salts conducive to health, the carbohydrates largely, and some of them the protein; but chiefly they are required to supply bulk to a meal that otherwise would be too highly concentrated. A varied diet of vegetables is often undervalued, because of ignorance as to their food and health values.

When vegetables are boiled they should be plunged into rapidly boiling water and kept boiling until done and removed from the fire. If steamed, the same rule holds good; the water under the steamer must be boiling and the steam at its height when the vegetables are placed in it, and then closely covered.

The simplest way of preparing vegetables is generally accepted as the best, as they combine so readily with foods containing the elements which they lack. Spinach is served often with melted butter and poached eggs. Asparagus *au gratin* is the combination of asparagus and cheese, served with a White Sauce. Beans, when baked, are supplied with fat in the form of butter or pork. Any of these combinations form a perfect meal without the addition of meat; the proteins being provided by the eggs or cheese, and the fats by the butter, sauce or pork.

Utilizing Left-Over Vegetables

A remnant of cauliflower, asparagus, or celery, etc., that has been served with a White Sauce can be rubbed

through a sieve and made the basis of a cream soup; or, adding grated cheese can be baked *au gratin*. Left-over green peas make a pleasing addition to soup or stew; or, if you have sufficient quantity, will make a green-pea soup. Other remnant vegetables may be sautéed in butter; some may be used for garnishing, purées, or borders, or reheated in a White Sauce. Occasionally they may be made into timbales of jellied salad, or a Russian salad. Chilled, they may be served on crisp lettuce leaves, with a French Dressing.

Trimmings, parts or sections of vegetables such as tomatoes, asparagus, leeks, celery, and peppers, are often used for decoration or to make bouquet. As nearly all are blanched first, the opportunity of using left-over blanched vegetables is unlimited.

Remnants of boiled or baked potatoes can be utilized to make hash, using with them remnants of boiled beef, corned beef, etc.; they may be sliced or minced and sautéed in melted butter; or they may be cubed or sliced and made into a salad. Left-over mashed potatoes make potato borders; they can be used as the basis of a potato chocolate cake; or they can be cooked *au gratin*.

Desirable Information about Fish

A fresh fish is known by the firmness of its flesh and the brightness of its eyes and gills.

Fish should be cooked at once to retain the food value and fine flavor, which are lost by long keeping. It is not desirable to keep fish in the refrigerator, owing to the strong odor, but if necessary to do so, keep it closely covered.

Fish has less food value and less stimulating power than the flesh of animals or birds, but, with the exception of salmon, mackerel and eels, it is of easier digestibility.

Cured and salted fish are richer in protein than are fresh fish of the same varieties; salted cod and mackerel contain 22 per cent proteins.

In comparing high-priced fresh fish, or cured fish, such as Finnan Haddie or black cod, with the better cuts of meat, the preference in food value is with the meat; but there are fish which compare favorably with

the cheaper cuts of meat, only they are so cheap and common that people do not like to buy them. Recipes will be found in this book which will render the finished article acceptable to the most fastidious, and cause them to ask why these common fish are not more often found on our menus. Their use would be a long step toward the reduction of the "high cost of living," and introduce a beneficial change and variety in the daily diet.

Remnants of fish may be utilized in endless and appetizing ways, such as in mousse, fish-balls, croquettes, etc., or, reheated in cream.

The Preservation of Food

Remove meat from the wrapping paper as soon as it comes from the market, then carefully wipe it with a clean cloth.

Keep meat hanging, if possible; or on a plate in the refrigerator; or in any cool dry place free from flies.

Any remnants of uncooked meat which may spoil if kept longer should be cooked at once either alone or in combination, for the next meal; or it may be given a few seconds' blanching by immersing in rapidly boiling water or soup stock, as the case may require. A piece of boiled meat or fowl, even a piece of roast, may be allowed to stand one minute in stock or water sufficiently deep to cover the meat, the liquor to be rapidly boiling.

Stewed meat may be reheated to the boiling point in its own gravy, while steaks or chops may be given half a minute's broiling on each side. They may be reboiled thoroughly, or broiled to be eaten cold, or a stew may be made of them, to be reheated as wanted.

When meat is merely surface tainted, scrape the surface with a dull knife, then rub with cooking oil.

All beef, pork and chicken fat should be rendered and used in frying or shortening. Drippings of roast meats should be used as savory dripping; or they may be clarified and used as above. Clarified chicken fat may be used to fry eggs, or, in combination with flour, to thicken gravy or this reserved fat may be utilized with flour, to thicken sauces or soups which call for chicken stock, or nearly any sauce to be served with

chicken. Reserve goose fat and dripping to cook with vegetables as in sauteing, or reheating.

Mutton fat, rendered and added to clarified mutton drippings, may be used later with other clarified fats, in the making of soap. (See "Drippings.")

Soup, soupstock, sauces or roast gravy in danger of spoiling should be given a few seconds' boiling, when it will keep from one to three days longer, according to temperature.

The same is true of fruit sauces, preserves, etc. Pickled beets, prepared for salad, may be reboiled in their own liquor.

If, having on hand a surplus of vegetables, such as cauliflower, peas, string beans, artichokes, or sweet potatoes, that are liable to decay, pare and place in cold water until freshened and crisp; then drain and blanch until tender, when they must be drained. The same blanched vegetables may be renewed by placing them about a minute in boiling water, which insures their keeping several days.

If particles of mould are appearing on jelly or glaze, carefully remove them, and bring the jelly or glaze to the boiling point, then cool and set aside.

Milk turned sour, may be allowed to stand until it wheys; then turn it into a cheese-cloth or other thin bag and hang up to drain until dry, when it is ready to use as cottage cheese.

Sour milk and cream should never be wasted, as they may be used as a substitute for fresh milk in flour mixtures by the addition of a level teaspoonful of soda to each pint of sour milk.

Sour cream, if of sufficient quantity, may be placed in a small fruit jar and shaken to butter, or, utilized to make a salad dressing.

Butter may be kept several weeks by placing it in brine that will float an egg.

Water in which rice or macaroni has been boiled should not be wasted, but saved to use as an addition to potato, leek or vegetable soups.

Remnants of cereals, spaghetti or macaroni must not be permitted to go to waste; as each portion may be

economically utilized in some of the many recipes to follow.

Utilizing Left-Overs and Trimmings of Food

Use the meat remnants, bones and frame of fowls as an addition to soup stock; or make of them a White Stock which you may find a rich improvement for various entrées, soups or sauces. This also makes a desirable addition to the Espagnole Sauce stock. All stocks should be thoroughly freed from grease, and the skimmed grease should be set aside in a bowl over night, and then utilized as directed in the paragraphs on "Drippings" and "Clarifying."

All bits and pieces of beef and pork fat trimmed from roasts should be rendered and used to make shortening.

Broken pieces of bread should be carefully saved and used in stuffings, where bread crumbs are needed, or to make croutons. Reserve the best slices for the making of croutons, fried sliced garnishing croutons, and French toast.

The smaller bread scraps can be used to make crumbs. Crumbs of stale cake should be used to bread sweet entrées, such as Fried Cream or Rice Croquettes, etc.

Macaroon crumbs are sometimes used to sprinkle over a cake frosting or used for a pudding. Slices of light cakes, added to a custard mixture pleasingly flavored, make a very nice pudding.

TO MAKE CRUMBS:

Gather the bread scraps and place them in a tin in the warming oven, or on the shelf back of the range, and allow them to stand covered until perfectly dry throughout; then run them through the meat chopper and sift. Roll the coarse crumbs and sift again. Crumbs may be kept dry and ready for use by placing in covered fruit jars.

When a delicate golden color is desired for the dish to be served, it is advisable to use fresh crumbs grated from stale bread.

Keep all scraps and remnants of bread in clean covered cans or jars. Drying in a cool oven will prevent mold.

TRIMMINGS OF HAM OR BACON:

Ham or bacon trimmings should be utilized in the making of melets; or, minced or cubed, with the fat and coarse parts removed, may be served in a White Sauce. They may also be used in such sauces as call for the flavor of these meats.

Fat left over from frying ham or bacon should be kept in a receptacle by itself, and used to fry liver, potatoes, or other dishes where the flavor of these meats is in order.

Planning Menus with Reference to Food Values

The planning of the menu is equal in importance to the preparation of the foods which compose it, and it will call for a little study and effort on the part of the housewife to accomplish successfully this part of her duty.

Through this thought and planning, however, she will be enabled to supply her family's demand for proper appetizing combinations of food, judiciously selected to the end that vigor and health may be maintained at a minimum of cost.

Without intruding upon scientific ground, we will touch lightly on a few points which the scientists have tried to explain to the general public; that is, the principal component parts of foods with their proper combinations and assimilative qualities.

Foods comprise five principal elements, water, fat, protein, carbohydrates, and mineral salts. Starch and sugar are included in the carbohydrates.

Each menu should include all of these principles in greater or less degree, according to the individual's occupation and age and the climate in which he lives. All food articles contain several of these elements in combination, but no food contains them all, hence the necessity of variety.

The mineral salts are found most generously in vegetables and are called for in body building and repair.

They are essential to growth from the beginning of life to maturity, hence the necessity of securing these elements in the dietary of children.

The foods rich in mineral salts enter the menu largely as a complement, to add bulk, and to supply the system with those salts requisite to health and building of bone and repair work. These salts and acids are found in all vegetables and ripe fruits. Not all are contained in one fruit or vegetable, yet all are required by the body, so we use many and varied vegetables and fruits. Fresh green vegetables, and the non-starchy vegetables such as spinach, asparagus, lettuce, tomatoes, etc., carry the greatest amount of medicinal repairing salts or minerals.

Proteins are classed as most important because they are the tissue and muscle builders, and the restorers of wear and loss through motion or activity, as well as being a promoter of activity when properly assimilated. Excess consumption of protein foods, such as beef and cheese, cannot be assimilated, and so cause trouble to an over-taxed system which must care for and overwork itself on a mass of undigested food. This is equally true of all food taken into the body in excess of assimilation, hence the necessity of studying the component parts of a menu, that the foods may be proportioned according to a proper balance.

The normal adult should consume about five pints of fluid daily; two-thirds of this should be taken as a beverage, the remaining third will be taken in the food.

If the quantity of meat is reduced in the menu, other food articles rich in proteins may be added. Beans, peas, and lentils are very rich in both protein and carbohydrates, and should be included in all menus which offer little meat; cooked with fat they are considered perfect substitutes for meat.

The protein foods are meat, fish, eggs, milk, cheese, wheat, oatmeal in various forms, and nuts.

Beef is the most nutritious meat, mutton is next, then pork and poultry; and the least nutritious is the flesh of immature animals, such as lamb, veal, sucking pig, etc.

Brain workers should eat the easily assimilated proteins as found in fish and eggs. These two foods, through

other elements than the protein they carry, replenish the nerve wear imposed upon students and brain workers. Elderly people require less protein, and more carbohydrates.

Meat substitutes are many. Eggs and fish are first in importance, followed closely by vegetables made into entrées in combination with cheese, butter, eggs, milk and cream.

Cheese has a very high food value in protein and fat; and cooked in combination with other foods, it forms a perfect meal, provided it is digestible by the system into which it enters. Indigestibility of cheese is sometimes caused by permitting it to boil after its addition to the combination dish. It must never be allowed to reach the boiling point, as this hardens it and loses its fine flavor.

Spinach served with eggs, asparagus served with eggs and sauce, macaroni *au gratin*, and lentils cooked with salt pork, etc., are all considered good meat substitutes.

The carbohydrates are the fuel foods, furnishing life and energy and leaving wastage that must be rebuilt by proteins. Again we see the necessity of a varied and balanced menu. Sugar, starch, and fat, elements evolved from the carbohydrates, furnish the energy for the busy machine, known as the human body. Foods abounding in carbohydrates are many; those providing the most energy are sugar, honey, molasses, maple sugar, cream, ripe fresh or dried fruits, cereals, and fresh or dried starchy vegetables.

Fats and Vitamines: The principal sources of fat are the fat of eggs, milk and meat. These are important in the diet as they carry the fat soluble or *Vitamine A*, which with another substance, the water soluble *vitamine* or *Vitamine B*, are essential to growth and to life.*

Vitamine A is found in abundance in almost all the animal fats, in kidney and liver tissues, and in many oils, although it is not present in vegetal oil or in oil derived directly from plants. It was first detected in egg yolk and in milk. It is present in less amount in leafy vegetables, such as lettuce, spinach and cabbage, also in clover and alfalfa.

* Prof. Hopkins, Department of Physiology, Harvard University.

Vitamine B is found in variable amounts in nearly all our foods. It is abundant in eggs and most meats, in all the seeds and grains, and particularly in unpolished rice and in entire wheat. It is found in all fruits and milk, in many vegetables, especially in spinach, potato and cabbage. In brewer's yeast it is found in its most concentrated form. Through experimental observation, scientists have found that beside protein, fat and carbohydrate, the Fat Solubles A and B are positively essential to man and animals for normal nutrition, but their research has been limited to ascertaining what vitamins do, in what foods they are contained, etc. Their exact function in nutrition has not been discovered. Their effects are observed only when they are not included as a part of the diet.*

The menu is the plan of a meal; the assemblage of food articles so arranged that the selected ingredients form a whole containing all the food elements in judicious proportion.

The selection of foods depends largely upon climate and season. In warm summer months, foods which would be desirable in winter would prove distasteful. A generous amount of fat and starch can be served during winter, but these must be avoided when the weather is warm; serving instead jellied soups, green salads, and fruits and light cold desserts, etc.

An assemblage of foods properly served together is called "a course."

Variation should be sought in all particulars. The methods of cooking, and texture of the chief dish of each course as the courses follow one another, must be varied as to shape, color and flavor. The garnishing should be selected carefully. And above all, we must avoid the reappearance of a dish that has already appeared in other form in a previous course. Sauces served or passed with the different courses should also be varied as to color and flavor.

* Lecture by Dr. L. Emmet Holt, on Refining of Foods.

A Typical "Reception Dinner Menu"

Cocktail
or
Hors d'Œuvre in the form of Canapé or Oysters, etc.
Soup
(Remove)
One entrée
or
Two entrées served successively as separate courses
Sherbet
(often included in a very substantial dinner)
Roast
Choice Vegetables
Salad
Dessert
A Choice Cheese
(if sweets are not liked by some guest)
Café Noir

Important Items about the Menu

Food articles that are rich in the same substance should not be combined in the same menu.

Rich soups, such as mock turtle or cream soups, should not be served with a heavy meal. If entered on the menu, a clear soup should be entered with it; but a clear soup alone is suitable for a heavy meal.

If a cream soup is served as a first course of a light meal, do not place upon the menu other articles served with a Cream Sauce.

The same sauce should never be served twice in the same meal.

Entrées made of eggs are suitable for luncheon, but are seldom served when a soup is entered on the menu. Serve egg entrées when eggs are plentiful and cheap. Eggs Mignon, Eggs Dauphine, etc., are very nice for luncheon, as is an omelet with cheese or vegetables.

Include in a menu only one dish or preparation of the following: potatoes, rice, macaroni, spaghetti or noodles.

In summer, jellied soups and cold meats are desirable for luncheons.

Serve a sweet omelet for dessert when the meal is light or wanting in proteins.

Frozen desserts are suitable all the year round, but hot desserts only in the cold winter months.

THE ENTRÉE:

The Entrée is introduced into a dinner or luncheon menu as a course, or occasionally as the complement of one or both of the two main courses, namely the removal course and the roast.

Owing to the high cost of foods, the entrée has become so important that, with the exception of the ceremonial dinner, some entrées conspicuously nutritious, made of articles very rich in protein such as selected pieces or cuts of beef, mutton, lamb, veal, pork, poultry, game or fish, may take the place of a main course. These entrées are not usually bulky, as, for example, Lamb Noisette à la Parisienne, and they are usually served with a very rich sauce and tastefully dished up with a garniture made of various articles, as mushrooms, olives, truffles, capers, oysters, mussels, shrimps, salpicon of sweetbreads or ham, hard boiled eggs, poached eggs, garnishing croutons or stew, macaroni, spaghetti, noodles or rice, etc. Occasionally the garnishing is some choice fresh vegetable, as spinach, asparagus, artichokes, salsify, tomatoes, etc.; or vegetable croutons may be used, or again, purée of vegetables or of chestnuts, or mashed, duchess or croquette potatoes. Sometimes the garniture includes force-meat balls or quenelles as an addition to the garnishing.

The greatest number of entrées are made with the other proteid food articles, such as sweetbreads, brains, kidneys, liver, tripe, tongue, trotters, calves' and pigs' head, fish and shellfish, eggs, poultry and game. These latter are usually made into entrées with one or several of the articles mentioned above.

Often chicken, fish or sweetbreads are combined with pastry.

Another kind of entrée, and no less important, are those made of odds and ends, or with left-over meat, fish or vegetables. Even though reheated articles never have the particular fine flavor of the fresher materials, yet they can be brought to a sufficient degree of succu-

lence by some particular treatment or through the addition of standard broth, consommé, glaze, or their own reserved sauce or gravy.

The two indispensable virtues of all entrées are: first, they should be perfect as to succulence, and second, they must retain the particular flavor of the main constituent. For instance, if a fillet mignon of beef with a Mushroom Sauce is served, do not make the Mushroom Sauce with the remnant gravy of a roast leg of mutton.

Entrée ingredients should be neatly prepared and properly cooked and the finished product should be perfect as to succulence, seasoning or flavoring. This should be verified by tasting before the final dishing-up arrangements are made. They should be served artistically so as to excite the appetite and at their appearance on the table they should be hailed with delight.

COLD ENTRÉES:

Among the cold entrées the most prominent are these, served after the roast and green salad at a reception dinner: Boned Turkey, Chicken or *Pâté-de-foie-gras* in Aspic, etc.

THE ROAST:

Roasts are usually bulky; but their size depends largely on the number of guests to be served. A roast saddle of mutton will serve ten to twelve persons.

Small roasted birds, such as quail, snipe, and squab, are considered as entrée or roast as the place assigned them on the menu designates.

In a reception dinner, the roast may consist of fowl, game, or ham; and salad is served at the same time as a complement.

THE REMOVAL OR RELEVÉ COURSE:

Dishes that are classified as the "removal course" in a reception dinner served immediately after the soup, may be entered as the main course in a large family dinner.

The so-called "removal course" (from the French

word, *relevé*) includes large fish or large sections of fish boiled in a court-bouillon, or baked. Whether baked or boiled, they are usually served with a rich sauce, and occasionally also with garniture. The removal course also includes the rather large choice cuts of beef, such as fillet, often braised but always served with a rich sauce, also occasionally with a garniture of potatoes or other vegetables; or again with Croustades of Chicken, Rissoles, etc.

The boiled beef, served with a garniture of vegetables, from which the bouillon (*pot-au-feu*) has been made, is usually served on a Parisian Saturday evening dinner, as a second course.

Other removal courses include such dishes as rack of veal *à la Financière* or the same cut braised and served with stuffed mushrooms or tomatoes or with a vegetable garniture, or, with Macaroni *à l' Italienne*; also, any part of leg of veal braised, served with vegetables, etc.

Other removal courses are Calf's head *à la Vinaigrette*; Calf's head *en tortue*, an entrée which may be served hot or cold and suitable for the main course of a luncheon; Fillet or Leg of Mutton or Lamb Braised, served with vegetable garniture; Boiled leg of lamb served with Mint Sauce; Capon or Chicken *à la Financière, au riz*; Chicken *à l'Anglaise*, where it is poached and served with a Bechamel Sauce; Deer Leg *à la Venison*; or Pheasant with Chestnut Purée, etc.

A SAMPLE HOME MENU:

An ordinary home menu includes the following courses:

First course, Soup.

Cream soups are served with croutons; clear soups with crisp crackers or bread sticks.

Second course, "Emergency Course."

The entry of this course depends upon the bulk of the next course; for instance, if entering a small roast as a third course for a large family, a small entrée is brought on, which, in a home efficiently managed, may be made of odds and ends, remnants of meat or fish, with vegetables or other articles.

Third course (entered as the second course if "emergency course" is omitted), usually meat or fish with potatoes, rice, or macaroni, and one or two vegetables.

Fourth course, Salad with French Dressing.

Fifth course, Dessert or crackers and cheese, or both served as two successive courses. Finishing with *Café noir*.

Suitable Methods of Cookery for Different Cuts of Meat

The choice of method in cooking meats depends largely upon the texture, flavor and tenderness of the meat to be served.

Fine-grained tender cuts are from that part of the animal called least into activity when the living animal was in motion. Such cuts are quickly cooked by subjection to intense heat, thus searing the surface and sealing the inner juices. Meats cooked by this method are not seasoned until nearly done, as salt draws the juices which the process is intended to retain. Broiling is the most acceptable method of cooking these tender cuts, exposing the surface rather than the inner thickness to the heat.

Roasting is suitable for the more bulky yet tender cuts.

Coarse, fibrous, tough meats taken from the muscular portions of the animal are equally nutritious and may be rendered as palatable by proper selection of cooking method. To attain tenderness and flavor with juiciness, the entire surface of the meat should be seared by exposing it to intense heat for a few minutes, then allowing it to cook slowly, in a small amount of broth, glaze or water, until tender. (See, "Braising of Meat.") Seasoning is added as it is cooking.

Occasionally, tough cuts of beef are cooked by boiling in broth or water to cover. (See, "Boiling of Meats.")

ROASTING:

Large tender cuts of meat, young fowl, birds and game should be roasted.

The ideal roast is obtained by skewering the meat

through the center, lengthwise, on a revolving spit, directly exposed to the heat of a very hot, clear fire. Usually in a private family the meat to be roasted is placed upon a rack in a roast pan and then set in a hot oven.

The meat should never come in contact with the fat, or dripping, for any length of time.

As in broiling, the meat is exposed to an intense heat at the beginning to sear the entire surface as quickly as possible. This hardens the albumen on the surface of the meat, forming a sort of skin or crust which prevents the escape of the juices.

The addition of liquid of any kind is not desirable, as the roasting meat is basted often with the dripping in the pan, especially the small cuts and small birds.

As soon as the meat is seared, the heat of the oven is reduced, and when the roast is nearly finished, salt and pepper are added, that too early application of salt may not draw the juices. (See, "Roast.")

BROILING, OR GRILLING:

Articles are best prepared for broiling by being basted or rubbed with oil or melted clarified butter; and very tender meats and fish are sometimes basted with these while broiling.

A good plan for private families, when broiling steak, chops, fish, or chicken, is to allow the article to be broiled to rest on an oiled dish a short time before cooking, turning often, so that the entire surface is slightly moistened with oil. Articles thus macerised in oil or butter are seared far more quickly, and the result is a beautiful golden-colored finished product.

To fish macerised as above in oil or melted butter, may be added a little lemon juice, some sprigs of parsley, sliced shallots or onion. These are added to the macerating oil, and the flavors absorbed by the fish before broiling.

Articles to be broiled should be carefully trimmed and wiped with a clean cloth.

The broiler, or grill, is heated close to a clear smokeless and flameless coal fire, if possible, or close to a

quick gas blaze. Either fire must give an intense heat.

The heated broiler is rubbed with a piece of hardened dripping or suet; the article to be cooked, previously prepared, is arranged on the hot greased broiler and placed at once close to the source of the intense heat. Turn the article over every ten or twelve seconds, that every part of the surface may be seared quickly. Care must be observed not to puncture or pierce the broiling article, as thus the juices would escape. One should never use a fork to turn cooking flesh foods.

As soon as the meat is seared, the broiler is held farther away from the heat, if the broiling is done over a coal fire; but if done by gas, then the heat is lowered. After this, the article is turned occasionally as necessary, according to its thickness and the time required to finish.

Thin articles are usually done when the surface is well seared. The cooked meat will have puffed between the wires of the broiler, and experience will teach you how to determine when the meat is cooked to the desired point, as well-cooked meat offers much less resistance to the pressure of a finger than does medium-done meat, and this, in turn, far less than rare meat.

Season the broiled food as soon as the cooking is finished.

PANNED STEAK OR CHOPS:

If lacking broiling conveniences, panned meats may be substituted, as follows:

Place a thick iron pan over the gas flame, with a piece of iron pushed under one side, so that the pan will be inclined. Heat the pan till nearly red-hot. If the steak to be panned has no fat parts, place a piece of suet at the highest part of inclined pan.

Now arrange the meat, and sear both surfaces quickly by turning every few seconds till thoroughly seared. Then lower the heat, by turning the burners half-way down, and finish with slow cooking till done, turning the meat occasionally as required.

The melted fat or rendered grease will run to the lower portion of the pan, and should be gathered with

a tablespoon as soon as it appears, and collected in a cup to be used later. (See, "Dripping.")

Season the meat when done. Articles cooked in this manner will not be fried.

The glaze lying at the bottom of the pan may be blended with one or two tablespoons of water and added to the steak as served.

BOILING:

Meat to be served as "boiled meat" should be placed in water actually boiling, and the water should just cover the meat. Bring the water quickly to the boiling point again after receiving the cold meat. Boil a few minutes till meat is seared; then add salt, and allow meat to cook slowly, merely bubbling at one point.

The meat cooked in this manner will be juicy and tender, but the resulting broth will be poor. The reverse will be the case if the meat is placed in salted cold water, brought to the boiling point, and then permitted to simmer till tender. Here the meat will be rather tasteless, but the resulting stock will be good, when the necessary ingredients for White Stock or Bouillon are added.

If both meat and broth are desired for serving, it is well to place the meat in cold water to cover, bring quickly to the boiling point, boil a few minutes, add salt, then simmer till tender.

Boiled meats to be served at table are usually left standing in their own broth to hold their heat until serving time.

Salted and cured meats are placed in cold water to cover, then brought very slowly to the boiling point and allowed to simmer slowly; bubbling at one point only till tender. This manner of cooking renders salted meats juicy.

In the oft-repeated directions in this book, "place in rapidly boiling water," the intention is to have the fire under the kettle of sufficient intensity to quickly raise again the temperature of the liquid cooled by the introduction of the cold articles of food. Once it has resumed boiling, the gas may be lowered as desired.

Water boils at 212° F. and it matters not if it boils

over a slow or quick fire. The idea is to sear the surface of the meats quickly, as has been explained.

Other foods, as spinach, and such vegetables as you would have retain their color, must be plunged into boiling water and kept immersed.

Macaroni, rice and noodles are cooked uncovered in this manner to keep the portions apart and separate. Stir these until the boiling has been resumed after their introduction into the water; after this they need no stirring, as the boiling of the water keeps them in motion.

BRAISING:

Braising is the method of cooking in a small amount of liquid tightly covered and at a moderate temperature, for a long time.

The braising pot should never be out of proportion to the size of the article to be braised; the pared meat should just fit nicely into the pot. A thick-bottomed pot with close-fitting lid is required, such as the pot known as the "Dutch oven."

The meat is usually placed on a bed of salt pork slices to prevent its adhering to the bottom of the pot; thickly sliced carrots and onion are added, also a kitchen bouquet and a little standard broth, usually veal broth, or a remnant of unthickened gravy of roast, and occasionally sherry and white wine, or both wine and broth.

When wine is used, it is usually added first, then allowed to reduce to a glaze, the cover being left off the pot. Then broth is added, and that too permitted to reduce to a glaze. Then broth again, and the pot covered, a buttered paper being placed between pot and lid to retain steam.

Cook slowly, as the meat is cooked as in a slow oven by the enclosed steam. A long, slow cooking breaks the fibres of tough meat and makes braising an ideal way of cooking the tougher cuts of meat or old fowl, although young fowl and tender cuts of meat are, of course, also braised.

Cuts of lean meat should be larded before placing in the braising pot.

Often sliced carrots and onion are sauted till golden

colored, in clarified butter or rendered lard-pork, and then the meat is placed on them; or again, for these is substituted a Mirepoix Preparation. (See recipe below.)

The meat to be braised is often seared before braising, by cooking it over a hot fire, in a little hot fat, which usually is the rendered meat's fat or lard-pork, until the surface is nicely browned. The vegetables are then cooked to an amber color in the same fat.

After the meat, kept covered and at a low temperature, has been cooked tender, the lid of the utensil should be removed, and then the meat should be baked in a rather hot, moderate oven until nicely glazed, basting often with concentrated liquor at the bottom of the pot. This is desirable as the basting of cooking meat with liquor which has the richness of a glaze renders it finer and more moist.

When the meat is thoroughly cooked it is removed from the pot and served hot. The liquor at the bottom of the pot is strained, the fat removed, and then served as sauce, or it is slightly thickened if so desired.

MIREPOIX PREPARATION:

Utilized as seasoning to meat entrées.

Slice and cut into small dice 5 or 6 ounces of lean veal, (knuckle), removing gristle and fat; add 2 carrots and 3 medium-sized onions, also cut into dice. Cook over a moderate fire in about 1 ounce of clarified butter until slightly golden colored. Add cool White Stock to cover, simmer slowly about 2 hours, or till meat is soft, add a kitchen bouquet, strain and skim. If available, use $\frac{1}{3}$ white wine, $\frac{2}{3}$ white stock.

SAUTEING:

Sauté in the French language means "tossed" or "to jump." An article sautéed is one cooked in a heated frying pan with a little hot fat. The pan must have a thick bottom, such as the "sautoir." The contents are kept in motion by a rapid shaking of the pan, thus tossing them about and at the same time turning them over. This manipulation is readily achieved by the professional French cooks, and the articles thus sautéed

can be cooked at a high degree of heat, which will sear and brown the food quickly. In sauteing, food absorbs less fat than in the American method of occasionally stirring the food in an ordinary frying pan and a little fat, thus demanding less heat to prevent burning.

Sauteed articles should be seasoned after they are done, on account of the extraction of the juices during cooking.

If the fat used in sauteing is butter, it should be clarified; else, use half unclarified butter and half oil.

Tender articles of food, such as chicken liver, scalloped tender cuts of meat, or fish, are generally cooked enough when seared to a nice brown. This is also the case with all previously cooked articles, which of course do not require such an intense heat. Young, tender chickens, separated at the joints, may be sauted till a golden brown, and then left to cook on a slower fire till tender. (See, "Chicken Sauted *à Sec*.")

Sauce for sauted articles is made by adding a little flour to the fat left in the pan, scraping the bottom of the pan to blend the mixture with the glaze, and the whole bubbled over a slow fire till of a golden color, when water, broth, wine, sherry or glaze is added, or a combination of several of these liquids, cooking it as directed in "Brown Sauce."

Sometimes the sauted article is finished in the sauce; it then comes under the head of "Unclassified Methods of Cooking Meats," which are discussed below.

After meat is sauted and removed from the pan, the glaze at the bottom of the pan should not be wasted. It can be used in braising, or in stewing, added to the broth or water. To save it, add one or two tablespoonsful of water to the glaze, scrape the bottom of the pan and stir to incorporate the two. If not used at once, set away for future use.

Unclassified Methods of Cooking Meats

SAUTED MEAT MADE INTO STEW:

The meat is cut into cubes and sauted, searing carefully all surfaces when it is removed from the pan. A little flour is added to the fat, the glaze scraped from

the pan as the flour and fat blend, and liquid is then added, stock, broth or water, milk or cream, or a combination of them. Let boil very slowly till well cooked, and render it smooth by constant stirring. Add the meat (which is usually second choice meat or poultry) and place all in a casserole. If the meat is such as to require long cooking to render it tender, the liquid should just cover the meat; otherwise it may nearly cover it. Let the casserole be covered, and the mixture simmer slowly. When the meat is arranged on the dish there should be just sufficient sauce, but no more, and it should be of a consistency to mask a spoon, and free from grease.

BRAISING SAUTED MEATS:

Sauted meat, seared or browned as above, may be transferred to a braising pot or "braisière," onto a bed of salted pork slices, sliced carrots or onions or both, and cooked in a small amount of broth as directed in "Braising." Add the glazing from the pan in which the meat was sauted, to the concentrated reducing broth.

Meats generally thus treated are boned cuts of choice meat, young chickens and small birds, trussed as for an entrée, that is, with the legs inside. Sometimes par-boiled sweetbreads are cooked in this manner, as are veal cutlets *aux fines herbes*, also second choice boned meat, as upper and under sides of round, rolled and stuffed slices of same, old chicken, etc.

The larger pieces are braised in a slow oven. The small ones are cooked in a moderate oven, and are basted every fifteen or twenty minutes and kept covered with an oiled paper between the pot and the cover to retain the steam. Strain the liquid, skim and serve as sauce with the meat.

LARDING:

Larding is the introduction into lean or dry meat, to improve its flavor, of a lardoon of fresh or salted pork or bacon through a stitch made with a larding needle. The needle holding the strip of pork is inserted under the surface of the meat about half an inch deep, and

at an angle of about 45 degrees: the needle point is then turned towards the surface and drawn out at the same angle. As the needle is pulled through, pressure is kept on the lardoon with thumb and finger to hold it in place. The needle is drawn out so as to leave the lardoon ends projecting from the meat in equal lengths.

The lardoons should all be of same length and size, and fit the needle suited to the work to be done. The projecting ends of lardoons on large articles should never be less than one inch, but less on small birds or sweetbreads. The stitches are taken at regular intervals, and the projecting ends are exposed in regular rows.

The lard pork used for larding should be firm and tender, and should be on hand long enough to have been thoroughly chilled in the refrigerator. If too soft, let it stand in ice water till firm.

Small articles require lardoons size of a match. Pigeons, quail and all small birds are larded at right angles to the breast bone, using short thin lardoons.

Occasionally lardoons of truffles are alternated with lardoons of pork or ham.

When we speak of large articles to be larded, we mean fillet of beef, whole liver, chicken, turkey, etc.

Lardoons to be run through the entire thickness of a large cut of lean meat should be $\frac{1}{3}$ of an inch in thickness.

DAUBING:

Second or third choice cuts of meat or poor fowl, tough or stringy meats are sometimes "daubed," or scored, by cutting through the surface the entire thickness with a thin sharp knife, to open a path to introduce long lardoons of salted pork.

These "daubed" articles are cooked as directed in "Braising Sauted Meats."

STEWING:

Cut the meat into even pieces about the size of a walnut, and cook in hot water just to cover, until tender. After the first two minutes of boiling, the meat should be left closely covered, to cook slowly, bubbling at one point only.

This is the easiest method of cooking meat; and a very economical one because it renders the cheapest and poorest cuts palatable and nutritious, with all its food values retained.

The dish may be made more bulky by the addition of vegetables in combination as the taste suggests, or by cooking dumplings in the broth with the meat.

When done, free the top of grease; thicken the liquor to a consistency to mask a spoon by the addition of a White or Brown Roux, or by adding a little flour stirred into an equal amount of cold water. Stir for a few moments as it boils, to insure smoothness and thorough cooking.

FRICASSEED MEATS:

Usually fricasseed meats are first sauted in clarified butter to a slight amber color, then stewed as above in hot broth. When tender, free the broth of fat, and thicken with a White or Blond Roux to a consistency to mask a spoon.

Yolks of eggs are often added to fricassee, and it is usually served on toast surrounded by its own sauce,

POACHING:

Food articles are poached when they are immersed in boiling water or broth to cover. The liquid should always show a ready intention to boil, but never be permitted to actually do so. Eggs and forcemeat balls are cooked in this manner.

Timbales, mousse, custards, etc., are cooked in molds surrounded by hot water, which is kept a few degrees below the boiling point.

CLARIFYING BUTTER:

Clarifying butter is the process of removing the solid substances contained in it as it comes from the market. These substances, combined with the whey contained in most butter, cause burning.

To clarify, place the butter in a deep saucepan over a slow fire, as if melted over a quick fire the butter will

foam and become discolored. Remove scum as it appears, and let stand until clear, when the sediment will be found at the bottom of the dish.

Cover a stone jar with a cheesecloth, to form a strainer; carefully, so as not to disturb the milky sediment at the bottom, lift the pan to edge of the stone jar, and slowly pour the melted butter through the straining cloth, discarding all of the milky sediment.

Clarified butter, kept covered in a cool place, will keep for a month; or covered with melted parafine, will keep a longer time.

SALPICON:

A salpicon is meat, or several kinds of meat, previously cooked, cut into small dice. Chicken, tongue, or ham, often fish, are combined with mushrooms, truffles or both, and to these mixtures is added a Cream, Bechamel or other sauce. They are utilized in the making of croquettes, timbales, or to fill cases, patties, shells, etc.

A salpicon of ripe fruits is sometimes served as the first course at a luncheon. It is flavored with orange or grape juice, cream or wine, and sprinkled over with sugar.

Seasoning with Salt and Pepper: The seasoning with salt and pepper should always be carefully done, as an oversalted dish is unpalatable and not proper to send to table. It is better to send the finished article to table a little wanting in seasoning than over-seasoned.

As salt and pepper draw the juices of meats and the salts of vegetables, one must refrain from seasoning too soon. Broiled and sauted meats are seasoned when done, or nearly done. Roasted meats, if seasoned when prepared for the oven, should be dredged with flour to retain the meat juices; the flour when exposed to extreme heat, will brown quickly and form a crust as a protection to the interior of the meat. The salt and pepper must be added to the meat *before* the dredging with the flour. If flour is not used, the roast should be seared before seasoning.

DRIPPINGS:

Nearly all stocks, soups, gravies and stews, etc., are freed from the fat covering their surfaces, before serving. As the liquid is boiling or simmering, the fat circles to the side of the pot, and may be readily skimmed off with the basting spoon and set aside in a bowl to cool.

More or less of the liquid will accompany these skimmed fats; but they sink to the bottom, and should be preserved carefully to add to stocks as suitable. When the skimmed fat is cool and solid, remove it from the bowl with a pointed knife, scrape from the under side the sediment adhering, and put with other fats you may be accumulating for clarifying. No matter how clear and free from sediment fats may seem, they must be clarified before being used for frying in deep hot fat. (See, Frying.)

Owing to their strong, peculiar flavor, drippings from mutton or lamb and turkey are used only for soap making.

Fats of fried ham or bacon should be reserved in separate jars, and used for frying eggs or potatoes, or wherever not objectionable. Bacon dripping can be used instead of butter to *sauté* liver or roast a wild duck.

CLARIFYING DRIPPINGS:

To clarify fat drippings is to eliminate the water or gelatinous substances that they may contain. If the cakes of fat have been carefully cleared of all adhering sediment as directed in "Drippings," it will be necessary only to melt the fat over a moderate fire, slowly. It will bubble or boil (let it be slowly) at a temperature of 212° F. as long as it contains water. When it becomes still on the surface, the water has evaporated; the temperature will then rapidly rise, endangering the fat, and it will burn if not watched.

Usually fat is clarified as soon as the surface remains still; but if not clear remove it from the fire and allow it to cool; then add one quart of water, let boil for a few minutes, set away to cool, and when solid repeat the process of clarifying.

Chicken dripping, clarified, is used to fry eggs.

"TRYING OUT" OR RENDERING FATS:

Cut fat meat, suet or trimmings into small dice or bits; remove all skin or gristle, or put through the meat chopper. Place in a double boiler, and boil till fat is thoroughly rendered. Strain the fat through a cheesecloth and cool. This will give a cake of white solid fat; but it will become rancid if left too long unused.

Cooked in this manner, the fat is not thoroughly rendered. The residue, after straining, may be placed in a shallow pan, a tablespoonful of water added, and, cooked over a slow fire, stirring often to prevent burning. From this will be obtained a smaller cake of slightly browned fat.

Discard all salted or cured meat fat.

Fats rendered for frying are beef, suet, pork, veal and chicken. Rendered goose fat is useful in cooking vegetables.

FRYING AND FRYER:

Food when fried is cooked in deep hot fat, and usually kept immersed therein.

Foods cooked by lying in a shallow pool of hot fat till brown, and then turned that the other side may be finished in like fashion, are not fried, but are cooked in a way to absorb too much fat and thus are rendered indigestible.

The best type of fryer, in that it results in no loss of fat, is a deep iron kettle larger at the top than at the bottom, with a standing half-circle handle of iron attached like a reversed U. Into this must set a wire basket also fitted with a half-circle handle having a hook attached to its exact center.

These are safety friers, as when the fat is rapidly frying or foaming, the basket with its cooking contents may be raised and fastened to the handle above, thus preventing an overflow of the hot fat. Here too, the saving of the fat is shown, in that the hot food in the overhanging basket drains all surplus fat back into the cooking kettle.

These frying kettles are durable, lasting for years, and are a necessity in any well furnished home.

FRYING—Heat Required, and Care of Fat Before Frying:

In frying, there should be sufficient fat in the kettle to entirely cover the food to be fried. Let the heat be intense, so as to quickly sear the pieces of food to a gold color.

To test the heat, try with a small piece of the food to be fried. If the heat is right, bubbles will form immediately about the frying article, but if the temperature is too low, the food will sink to the bottom of kettle, and the fat will remain still.

Fry small amounts at once, as the immersing of fresh lots of cold food cools the fat and it will require longer to recover the proper heat if too much is introduced at once; and the result will be that the fat is absorbed, and, aside from the waste of fat, an indigestible article of diet will be produced. Never fill the kettle with the frying articles touching one another as this prevents proper searing and thorough cooking to the center.

It must be remembered that all fried articles, whether previously cooked or not, should be seared as quickly as possible. Previously cooked food is done as soon as seared golden. The uncooked food is dipped into intensely heated fat to sear it a slightly golden tinge, and then, as it requires longer subjection to heat in order to cook through, the heat is lowered or it is set on a cooler spot on the range to finish cooking and crisping.

Drain in hanging wire basket, but if this not on hand, lift the wire basket in which the food is fried to a tin pan to collect the dripping fat, and finish off the draining on brown paper.

It is important that the fat be heated to an intense heat before dipping the basket of food in it; usually, when it begins to smoke, it is ready to use. Always place the fryer and fat over the gas twenty minutes, or over the heat of the coal range forty minutes, before ready to use.

FATS USED IN FRYING:

The fats used in frying are beef fat, lard, crisco, cottolene, clarified drippings, and olive and vegetal oils. The success in frying depends entirely upon the

quickness of the searing; the quicker seared, the better the finished result.

A minute's thought will show that the most suitable and economical frying medium is vegetal oil. It also turns out the most pleasingly finished article of food, as to color and tender crispiness.

Olive oil and vegetable oil begin to burn at a temperature of 483° F. to 555° F., beef fat and lard, at 356° F. to 393° F.; so you may see that the high temperature of the oil gives better cooking opportunity, with less danger of burning the fat, which would ruin it for further use in the preparation of food.

The prohibitive price of olive oil leaves the vegetal oil the one choice, particularly cottonseed oil, which has no flavor whatever, and may be combined with clarified dripping or other fat.

CARE OF FAT AFTER FRYING:

Each time a breaded or floured article has been fried, it is necessary to strain the partly cooled fat through a cheese-cloth (double) placed over a receptacle. Very carefully, without stirring the fat to disturb the sediment in the bottom, pour the fat through the cloth. Do not drain too closely, as the last of the fat is usually unfit for further use in cookery.

EGGING AND CRUMBING:

Have the crumbs ready at hand as previously directed. Cracker crumbs give a smooth coating and are best for crumbing oysters. Where a delicate golden tint is required, use freshly made crumbs from stale bread.

Place the crumbs in a shallow pan. Break an egg in another shallow dish, season it with salt and pepper, and add, while beating it, two or three tablespoonsful of milk or water; remembering that never more liquid than twice the bulk of the egg is added. Beat just enough to free the mixture of all stringiness.

Roll the articles to be crumbed in the crumbs till the entire surface is covered, then in the egg mixture until the surface is well moistened, then again in the crumbs. If too many crumbs adhere, gently shake off the super-

fluuous amount. If a fine coating is required, roll first in cracker meal. When done, sift off extra crumbs.

If the eggs are not seasoned, season the crumbs with salt and pepper.

CROQUETTES:

Croquettes are made with cooked meat cut into small dice, and this salpicon held together by mixing it thoroughly with a very thick *Allemande Sauce*, or a very thick *Velouté*, or a *Thick White Sauce*.

If this sauce is made all or in part with jellying chicken or veal broth, in turn improved by an addition of half cream, the cooled mixture of salpicon and sauce will be much firmer and more easily moulded into croquettes.

Croquettes made of finely chopped meat are not so moist nor as palatable as the above.

Salpicon of mushrooms, truffles, and tongue often enter into croquette mixtures.

The important point in croquette making is that the sauce be just sufficiently thick to hold the diced pieces of meat together, in order to give to the cooled mixture sufficient body to render easy shaping with the hands, and to hold the shape when so moulded.

Croquette mixtures must be seasoned to the taste with salt, *Cayenne* or white pepper.

Chicken croquettes are often round-pyramidical in shape. Crumb them as directed, fry to a delicate golden brown crust, and crisp. (See below.)

FRYING CROQUETTES:

In frying croquettes, follow carefully directions for frying given above, have the fat nearly smoking, place only three or four croquettes in basket at one time to avoid lowering the temperature, and do not let them touch one another. When they are a delicate golden brown they will be done. Drain in the basket, or remove from fat and place on brown paper in oven with door open, that they may be kept warm and crisp till ready to serve.

Immerse basket in fat and allow heat to rise to smoking point again before placing a new lot of croquettes

in the fat. They must be instantly seared, to prevent the taking up of fat, which would ruin the dish.

PASTRY BAG AND TUBE—How to Use It in Ornamentation:

Open the bag and set tube in place. To prevent spreading of the mixture over the side of the bag, turn the upper edge of bag over to the outside, then fill the bag with the prepared mixture, massing it rather solidly downwards, and twisting the upper portion to encase the contents.

Holding the twist with the right hand, guide the tube with the left. To force the mixture through the tube, simply twist the bag more and more, at the same time pressing on the mixture to force it downwards to replace the amount forced through the tube.

To make flowers or rosettes, hold the bag in a vertical position. To make a ring of potatoes, peas or chestnut purée, keep bag at 45 degrees angle. To shape Lady Fingers or Eclairs, hold bag horizontally.

KITCHEN BOUQUET:

Usually a kitchen bouquet consists of half 'a carrot cut lengthwise, a leek, a few sprigs of parsley, a sprig of celery, one of thyme, two whole cloves and a fourth of a bay leaf, which should always be used sparingly.

When the preparation to which kitchen bouquet is to be added already holds any of these vegetables or condiments, they should be omitted in the making of the bouquet. Occasionally other plants are used, as mint, taragon, chives, chervil, etc.

THE SPICE BAG:

When whole cloves, bay leaves, garlic, onions, cinnamon stick, celery, mint leaves, mustard seed, pepper corns, etc., enter into any food in combination or alone, they may be tied in a bag of cheese-cloth, the more easily to be removed.

FLOURED BUTTER:

This is used to thicken sauces, and consists of any amount of creamed butter to which is added an equal

bulk of flour. Blend by rubbing well together, till a smooth soft paste is formed. It is used when a sauce thickened with diluted flour or starch is not sufficiently thick, as an addition to the sauce. Add it in small bits to the bubbling mixture while shaking the kettle, then let cook one or two minutes, till melted and blended with the sauce.

SPICED SALT:

Spiced salt is usually simply a cup of salt thoroughly mixed with a rounded tablespoonful of black pepper. Sometimes finely grated nutmeg and powdered bay leaf are added.

PEPPER-CORN AND ITS SUBSTITUTE:

When green peppers are on hand, it is nearly always better to substitute one tablespoonful of minced green pepper for six pepper-corns.

PEPPER AS SEASONING:

Pepper as a seasoning should be used moderately, as an excess may cause throat irritation or disturb the digestive system.

Black pepper is better than white, and whole pepper freshly ground through a fine grater is more satisfactory than any other. White pepper must be used in white sauces and mixtures on account of the color.

For the seasoning of sauces or soft foods, Cayenne is thought to give the best flavor, but it must be used very carefully. "A dash of Cayenne" means as much as you can take on the very point of a salt spoon; it is sufficient to flavor one quart.

MIXING:

When mixing a solid article with a liquid, add a very little liquid at a time, and very slowly, stirring constantly to prevent the forming of lumps.

When adding cornstarch or arrowroot to a hot liquid, moisten it first with a cold liquid, water, stock or milk, as the case may call for, and stir till the mixture is of

a smooth creamy consistency, then add to the boiling fluid.

When adding boiling liquid to a mixture of flour cooked in melted butter or dripping, add it slowly, stirring all the time to prevent lumping, let it boil a second, then add more as before, until done.

When mixing several ingredients, mix two first, then stir in the third well before adding the fourth.

MILK, CREAM, AND BUTTER, AND VALUES:

Milk and cream constitute a most favorable breeding ground for the development of bacteria. They should be kept in very clean vessels in a cool dry place, entirely by themselves. Butter is liable to become quickly rancid if not tightly covered and kept in a cool, clean, dry place.

Butter has no equivalent substitute, but if it cannot be afforded butterine and oleomargarine may be used in its place.

Raw milk intended to be drunk or sipped by infants as well as by adults should be sterilized or pasteurized.

Milk constitutes one of the most perfectly balanced and digestible of foods. But a concentrated milk ration is not suitable to summer conditions nor to sedentary people. Nevertheless, as unaltered milk contains about 85% water, its general effect is not harmful. It is not the food eaten but the food the body utilizes that give strength. Milk contains abundant essentials, Vitamines A and B. It is one of the chief sources of lime, which is so indispensable to bone formation during the period of growth. One ounce of milk contains as much lime as one egg or a good helping of spinach. Besides water, the other principles in milk are, fat, 4% to 6%, protein, 3% to 4%, milk sugars or Lactose, 4.75% to 5%, valuable mineral salts, 0.75%.

Table cream contains about 15% to 18% butter fat, with a little less of all the other food materials. Whipping cream usually contains 45% butter fat. To improve the quality of a dish, you may add before serving to a sauce or a soup, especially to those made with milk and Roux, a little fresh cream. If the cost is justified, flavor and texture will be unsurpassed when serving a

choice vegetable in warmed cream as a substitute for a White or Cream Sauce.

By scalding the milk, the essential principle of the milk, the albumin, is transformed, the lactic ferments are partly destroyed, and the living parts of the milk, the enzymes and the vitamins, are killed. This transformation renders the milk indigestible and deficient for the diet of infants and young children. For the same reason cream should never be scalded, and when using cream in sauce or soup it is desirable to use fresh cream and add when serving.

CARAMEL FOR COLORING:

This caramel used for coloring brown, should never be added to any soup, sauce, etc., as it alters flavors, and its use is undesirable because a sugar that is boiled long enough to assume a dark brown color has a burnt flavor.

All mixtures that must be brown colored should be browned by a browning process.

SOCLES:

Socles are layer-stands for the support of chickens, birds, large pieces of meat, tongue, fish, etc., which add to the appearance when served. Fill a mocha-cake tin with hot mashed cooked hominy or rice, which will retain the mold form and shape when on the platter.

SKIMMING:

Use a skimmer to remove scum, doing it gently so as not to break and scatter the floating residue. To skim fat from cooking foods, use a large spoon, gather all possible, and set aside in a bowl to be added to dripping as before directed.

TO CHOP PARSLEY:

Gather some dry parsley, remove stalks, and press leaves between thumb and finger; using a French knife cut fine, then chop till finely minced. Wrap it in a towel and let cold water run on it. Thoroughly squeeze out all moisture and set away in the refrigerator.

HOW TO CREAM BUTTER:

Place butter in a warm bowl, and work with a wooden spoon until soft and creamy.

MUSTARD MIXING:

Mix three tablespoonsfuls of mustard and one teaspoonful of sugar; then add hot water gradually to obtain a thick paste. If preferred, use half vinegar.

BUTTERED CRUMBS:

Buttered crumbs are made by mixing the crumbs in melted butter over the fire.

TO SCALD MILK:

Pour milk in double boiler with lower pot half-full of cold water. Cook, covered, until the water in lower pot is boiling. Or pour milk in a wet saucepan and cook uncovered over a moderate fire until the milk threatens to overflow the pan.

CHAPTER II

MEAT, FISH AND VEGETABLE SAUCES, AND ROUX

General Directions

SUCCESS in cooking depends largely on the use and making of perfect sauces, which secure to the finished dish the required degree of succulency.

A well finished sauce should be irreproachable as to flavor, color, and thickness, and be perfectly smooth and glossy.

A good cook always has on hand some good sauces, or stock for sauces. He carefully keeps all remnants of sauce and stock and the dripping from roasts, etc., and these, thoroughly cooled, are freed of the cake of fat formed over the surface, and the underlying liquid used as a source of material upon which he may draw to flavor, enrich and improve sauces.

It is well to remember that good sauces are long steps toward economy; as neatly prepared left-over meats may always be reheated, without boiling and loss of nutrition and palatableness, in a harmonizing sauce.

MAKING OF ROUX:

The Roux are the foundation of nearly all the French sauces, and are used to give body to rich concentrated meat or fish stock, and occasionally are added to glaze, wine, cream, mushrooms, etc. There are three kinds of Roux, White, Blond, and Brown. Both Roux and the thickened liquor require a more or less long slow cooking. Roux are always made over a very slow fire and require pastry flour or flour rich in starch.

When making Roux, after arranging burners to produce a slow heat, place over the fire an old tin lid, and upon this the saucepan, which should be of a size in proportion to the amount of sauce to be made.

White and Blond Roux may be made with ordinary butter. Place the butter in a saucepan over a gentle

heat. When melted and hot, add the flour and stir constantly, to blend thoroughly, lift the pan occasionally while cooking and cook in all about ten minutes. Let it bubble at least a couple of minutes without allowing it to color.

Brown Roux should be made with clarified butter, as it must be cooked longer to obtain a golden-brown color, and, as mentioned before, the clarified butter is less liable to burn quickly. It also requires a slight increase in the amount of flour, as, through the longer browning process, it loses a little of its thickening quality. It will require careful stirring and an occasional removal from the fire to prevent a too great accumulation of heat. Cook very gently about twelve minutes or until the desired color has been obtained.

White, Blond, or Brown Roux differ only in the degree of coloring, and this is gradually secured as the butter and sifted pastry flour are simmering. White Roux must remain white, Blond Roux must be stirred and simmered until it just begins to color amber, and Brown Roux until chestnut brown shading to golden.

To flavor a roux, if desirable, one may slice one onion, shallot, or carrot as desired, and simmer slowly a few minutes in the melted butter. Remove it before adding the flour.

Owing to its long preparation and the care it requires, the following Brown Roux should always be kept on hand, to use cold as needed.

BROWN ROUX (To Thicken a Half Gallon of Liquid):

Melt over a very slow fire 5 ounces of clarified butter or $\frac{5}{8}$ of a cup. Stir and blend in very gradually all the pastry flour it may absorb, about 5 ounces. Cook about 30 minutes or until it has been brought very gradually to a very light brown color of a golden shade, occasionally lifting pan to prevent burning. If burned the least bit it will be unfit to use. Stir often so it browns evenly. Remove it from the fire before it gets too brown, and as it will still cook and brown when removed from fire, stir until partly cooled. Turn into an earthen bowl. It will

keep 3 or 4 weeks, covered in the refrigerator. Two level tablespoons will thicken one cup of liquor.

WHITE ROUX, for One Cup of Sauce of Average Thickness:

2 tablespoons butter

2 tablespoons pastry flour

Proceed as directed at "Making of Roux."

BLOND ROUX, for One Cup of Sauce of Average Thickness:

Same as preceding, only allow the Roux to bubble a little longer or till it just begins to color slightly amber.

BROWN ROUX, for One Cup of Sauce:

2 tablespoons clarified butter

2½ tablespoons pastry flour

Proceed as directed in latter part of "Making of Roux."

FOUNDATION SAUCES:

A few sauces are called "foundation sauces" because they are added to other ingredients to produce another sauce; or two or more foundation sauces are combined.

The foundation sauces are: Espagnole, or Brown Sauce, Velouté, and Tomato Sauce or Purée, for which is often substituted a less amount of Tomato Paste. Cream and White Sauces are also considered as mother sauces. Where much fine cooking is expected the Espagnole and Velouté Sauces should be kept always on hand.

Diluting of Roux, Finishing and Keeping of Sauces

The French cook wisely keeps on hand Roux made in advance, especially the Brown Roux, which requires much care (see "Brown Roux" above), because it gives best results to dilute a cold Roux with hot liquid. If the Roux be hot he usually dilutes it first with cold or luke-warm liquid, then adding the remaining liquid hot. When time is short and the flour is simply blended in the hot fat, the liquid is added hot.

Whatever method you choose, it is indispensable to stir or beat the Roux at the bottom of the pan with a

wooden spatula or whisk, while adding the liquid a little at a time. Stir or beat after each addition of liquid, until smooth. After the liquid has all been added, beat with a wire beater until smooth and boiling. At once place the pot over a very slow fire, placing a wedge under a side of the pot in order to keep the sauce constantly and very slowly bubbling at one point for from 30 minutes to one to six hours, or as long as recipe directs. Add liquor occasionally to replace what has evaporated, in order that the finished sauce may be of a thickness that will just mask or coat a spoon.

By this long, slow cooking, foaming of the sauce will take place, and the inert particles or frothy matters held in the sauce will rise and accumulate on the top, where they are collected and removed as soon as they appear.

It requires one hour to thoroughly finish or "compass" a Brown Sauce. An Espagnole Sauce will require, at the least, five or six hours. In hotels and clubs the Espagnole is cooked from 12 to 24 hours, but this is not practicable in a private kitchen. All these finished sauces should be smooth and glossy, and of a thickness to mask a spoon.

When these sauces are not used at once, it is well to beat them occasionally to prevent the formation of a skin; or if set away to cool, place the saucepan in cold water and beat the sauce while cooling. Remember that beating and straining render sauces smooth.

When a finished sauce is set aside in hot water till serving time, pour over the top a little of the liquid that has entered into its composition, to prevent the formation of a film; then beat vigorously with a whisk just before serving.

Before setting a finished cooling sauce away to be kept, place bits of butter to melt over its surface to prevent filming.

BROWN STOCK, I (STANDARD STOCK):

Melt 3 tablespoons or $1\frac{1}{3}$ ounces of clarified butter (or use dripping or beef marrow removed from bone, or part butter and part marrow). Remove fat and

gristle from two pounds of knuckle of veal and two pounds of shin beef or lean trimmings and cut the meat in small pieces. As soon as the butter has assumed a light amber color, add the prepared meat and add two or three each, onions and carrots sliced thickly crosswise. Cook all together over a rather quick fire until golden brown, taking care that the contents of the pot do not stick to the bottom. When colored right, add cold White Stock to cover the meat, and bring it to a boil; skim, and add a kitchen bouquet and a few peppercorns, and allow it to cook slowly, bubbling only at one spot, for five or six hours, skimming the fat and foam from the surface as fast as it appears; occasionally add more hot White Stock to keep meat covered and replace the liquor evaporated. If water is added in place of stock, a little salt must also be added. Often a little lean ham is used with the veal and beef in making Brown Stock.

This stock is used to make nearly all the Brown Sauces.

EMERGENCY BROWN STOCK, II:

To avoid the special buying of meat to make stock for a private family, gather all the beef, veal and chicken trimmings, and after removing fat and gristle, cook in hot melted dripping, add vegetables and condiments, and treat as for "Brown Stock" above. You may add at the same time as the liquid such remnants as you may have of roasts, or bones of veal or beef, or carcass of fowl, cutting them into small pieces and removing the fat and gristle.

To make a Brown Stock on short notice, add one tablespoon of meat extract to one cup water, or dissolve two or three cubes in water. But if you have at your disposal some roast dripping and liquor of roast beef, that is, when the roast gravy has been made by the first method, you may use the liquor freed of fat as a part of the liquid, adding if possible, the available remnant gravy of the roast or water and a bouillon cube.

ESPAGNOLE SAUCE:

The following formula is for one quart of sauce, but owing to the time required for its preparation and its

many uses where much fine cooking is expected, a gallon should be made.

| | |
|------------------------------------|--|
| $\frac{1}{3}$ cup clarified butter | $\frac{1}{3}$ cup mushroom liquor or a |
| $\frac{5}{8}$ cup pastry flour | few dry mushrooms soaked |
| $1\frac{1}{2}$ pints Brown Stock | in $\frac{1}{3}$ cup cold Brown Stock |
| 1 cup Tomato Pureé | or water |

Salt and pepper as needed

With butter and flour make a Brown Roux as directed at "Making of Roux." Then dilute it with the Brown Stock and proceed as directed above at "Diluting of Roux," etc. Add the remaining ingredients. Stir constantly until boiling. Remove the pot to a slow spot on the range, placing under a side of pot a wedge in order to keep the sauce slowly bubbling at one point 4 or 5 hours. Larger amounts of sauce are cooked longer, about 6 hours. Add occasionally some Brown Stock to replace what has evaporated, in order that the finished sauce may mask a spoon. Skim off all frothy matters that appear on top, and strain through a very fine strainer. Season as needed, with salt and black pepper.

BROWN SAUCE (One Cup or Half a Pint):

| | |
|---|---|
| $2\frac{1}{4}$ tablespoons clarified butter | $2\frac{1}{2}$ tablespoons pastry flour |
| 1 thin slice of carrot | 1 cup cold Brown Stock |
| 1 thin slice of onion | |

Melt the butter over a slow fire. Cook the two slices of vegetables in the hot butter until amber colored, and remove the vegetables. With the hot fat left in pan and the flour make a Brown Roux as directed at "Making of Roux." Stirring, dilute it with the stock, adding a little at a time. Stir until smooth after each addition of liquid. When the liquid is all added, beat until boiling. Remove the pan to a slow fire and cook, bubbling at one point, 30 minutes. Skim off frothy matters and add as and when needed, some hot Brown Stock to replace what has evaporated. If available, add a tablespoon meat Glaze. Large quantities of Brown Sauce should be cooked much longer.

SHERRY SAUCE (Served with Braised or Sauted Meat or Fowl, etc.):

Reduce a fourth cup of sherry to an eighth of a cup. Add one cup or more of Espagnole or rich Brown Sauce. Beat until boiling. Simmer until it masks a spoon.

MUSHROOM SAUCE:

Make as directed above, a Brown or a Sherry Sauce. Drain $\frac{1}{3}$ cup canned mushrooms, cut each mushroom in two lengthwise and add them to sauce, also a tablespoonful mushroom liquor, and allow it to bubble at one point for 10 minutes.

DEVEILED SAUCE:

Put in a small saucepan over the fire $\frac{1}{2}$ cup of white wine vinegar. Add a tablespoonful of very thinly chopped shallot. Reduce by boiling to a half glaze; add a cup of Espagnole or rich Brown Sauce, then three tablespoons of Tomato Purée, and simmer 10 minutes. Season rather highly with a few grains Cayenne and $\frac{2}{3}$ teaspoon of Worcestershire Sauce.

ROBERT SAUCE:

This sauce is served with boiled, broiled or braised meat, venison, etc., or to re-heat left-overs.

| | | | |
|----|---|---|--|
| 2 | tablespoons clarified butter | 1 | cup Brown Stock |
| 2 | tablespoons onion cut in very small dice | 1 | tablespoon meat Glaze or rem- nant gravy of roast |
| 2 | tablespoons Sauterne | | A few grains Cayenne pepper |
| 2½ | tablespoons pastry flour | 1 | teaspoon dry English mustard |

If the Sauterne is not available, use instead 1 tablespoon tarragon vinegar and add to the finished sauce a few drops of lemon juice.

Cook the onion in the butter until amber colored. Add Sauterne and reduce to a glaze. Add and blend in the flour. Carefully cook until golden-brown colored. Stirring, dilute it with the cold stock, adding meat Glaze. Beat till smooth and boiling. Remove to slow fire and let bubble at one point until the onion is tender. Before serving add mustard.

PIQUANTE SAUCE:

Served with broiled or boiled meat, baked fish or venison, or to re-heat left-overs.

| | | |
|-------|--|---|
| 1 | tablespoon butter | Salt and pepper as needed |
| 10 | shallots, chopped | 1 teaspoon capers, liquor pressed out |
| 2 | tablespoons vinegar | |
| 1 1/4 | cups Brown or Espagnole Sauce | 1 tablespoon sour pickles, liquor pressed out and chopped |
| 2 | tablespoons stock or Sauterne, or both | At option add a tablespoon Tomato Paste or Purée |

Stirring, cook the shallots in the butter in an enameled saucepan until very slightly amber colored. Add vinegar and reduce to a glaze. Add stock or Sauterne, or both, and the Brown Sauce. Beat until smooth and boiling. Allow it to cook bubbling at one point 15 minutes. Season as needed. Before serving add capers and pickles.

ORANGE SAUCE:

Served with mutton, lamb chops, or with Noisette of same; with croquettes and wild duck, etc.

| | |
|---|---|
| Zest (outer rind) of 2 oranges cut in fancy shapes | 1 orange, juice only |
| 1 cup Brown Sauce | 1 tablespoon of lemon juice |
| 1 tablespoonful of Glaze or reduced roast gravy, or 1 bouillon cube | 1 orange separated into neatly pared sections |
| | A dash of Cayenne and salt to taste |

Cook zest in water to cover, for a few minutes, and drain.

Prepare the Brown Sauce, add glaze, zest, lemon and orange juice, and let simmer slowly, until sauce masks the spoon.

Place sections of orange in the sauce just before serving; pour sauce over meat, arranging zest and orange about the dish.

TARAGON SAUCE:

Served with boiled meat, baked fish, or roasted saddle of mutton, etc.

To one cup of Espagnole or Brown Sauce, add a little meat glaze or Brown Stock and 1 teaspoon lemon juice, and bring to a boil over a gentle fire, then set aside to simmer very slowly till it will mask the spoon. Plunge into boiling water 2 dozen tarragon leaves (stems removed), drain and add to the sauce.

TARAGON SAUCE, Quick Method:

Take 2 dozen taragon leaves, stems removed, and cover with 1 cup of boiling water. Drain. Add to plain Brown Sauce or Espagnole.

GIBLET SAUCE:

Cook a gizzard in stock until tender. Remove any tough portions, and chop fine. Make a cup of Brown Sauce. When it is boiling add the chopped gizzards, and set to simmer, gently bubbling at one point, 15 minutes, and skim.

WHITE WINE BROWN SAUCE:

Served with sauted meat, etc.

Gently boil $\frac{1}{2}$ glass of white wine till reduced one-half. Add 1 cup of Brown Sauce, 1 tablespoon of Glaze, and let simmer over slow fire till it masks a spoon, or until of a syrupy consistency. Season with pepper and salt to suit the taste.

Blanched mushrooms are a pleasing addition to this sauce.

ITALIAN BROWN SAUCE:

Served with broiled or roasted meat, etc.

Chop fine 6 blanched mushrooms, 2 shallots, 1 tablespoon parsley, mince 1 tablespoon boiled lean ham, and cover these with 1 glass white wine. Cook till reduced to half. Add 1 cup Brown Sauce or Espagnole and 1 tablespoon of Glaze. Simmer gently over slow fire 15 minutes. Before serving, beat into the sauce a few small bits of butter.

ITALIAN WHITE SAUCE:

Served with boiled meat or fish, etc.

Same as above, only substituting for the Brown Sauce a Veal or Chicken Velouté, and White Stock in place of meat Glaze.

POIVRADE BROWN SAUCE:

Served with braised or broiled meat, baked fish; also good with roast venison and spring lamb, etc.

| | |
|---|---------------------------------|
| 2 tablespoons butter | 4 tablespoons tarragon vinegar |
| 1 onion, chopped fine | 1 sprig of thyme |
| 1 small carrot, chopped fine | 2 cloves |
| 3 shallots, chopped fine | 4 crushed peppercorns |
| $\frac{1}{2}$ bean garlic, chopped fine | $1\frac{1}{4}$ cups Brown Sauce |
| 1 tablespoon chopped lean ham | 1 tablespoon meat Glaze |

Melt butter in saucepan. When hot add vegetables, all finely minced, also the ham, and cook over a moderate fire, stirring, till amber-colored; then add the vinegar and cook over a quicker fire till reduced one-half. Now add the rest of the ingredients, and simmer 25 minutes, skimming the fat and foam as they appear. Strain.

POIVRADE WHITE SAUCE:

Served with boiled fish, boiled meat, etc.

Same as for Brown Poivrade, only in place of the Brown Sauce, substitute Velouté; and for meat Glaze, substitute White Stock. Take care that the cooking vegetables and ham take on no color, as the sauce must be white.

BORDELAISE:

Served with steak, lobster, braised beef fillet, etc.

| | |
|-----------------------------------|------------------------------|
| 2 tablespoons oil, or part butter | $\frac{1}{2}$ cup red wine |
| 6 shallots, chopped fine | 3 ounces beef marrow |
| 1 onion, chopped fine | 1 cup Brown Sauce, or Espag- |
| 1 slice garlic, chopped fine | nole |

Wrap marrow in cheese-cloth, and poach till softened; drain and cut in pieces. Put oil in small saucepan over slow fire, add onion, shallot and garlic, simmer a few minutes, add wine and reduce one-half; add sauce and stir till bubbling, then add the marrow. Simmer bubbling at one point till it masks a spoon, skim, and stir occasionally. Season as needed with salt and pepper.

OLIVE SAUCE:

Serve with sautéed or broiled meat, ducks, etc.

Remove neatly the stones from a dozen olives without altering their shape. Scald these a few minutes in boiling water; drain, and add to a Brown Sauce.

PERIGUEUX SAUCE:

Served with Chicken Rissole or Cromesquis, braised or sauted meat, fowl or game, and in many dishes where truffle is used.

| | |
|--|---|
| 2 tablespoons clarified butter | $\frac{1}{3}$ cup sherry |
| 2 tablespoons finely chopped onion | 4 crushed pepper-corns |
| | 1 clove |
| 2 tablespoons lean ham, cut in small dice | 1 small sprig of thyme |
| 2 shallots, finely chopped. | 1 tablespoon meat Glaze |
| A little truffle trimmings, finely chopped | 2 tablespoons truffle cut in small dice |
| | 1 cup Espagnole or Brown Sauce |

Simmer shallots, onion, truffle trimming, and ham in melted butter till amber-colored, as in previous sauces, then add the sherry, pepper-corns, clove and thyme; boil till reduced one-half. Add the Brown Sauce and meat Glaze, stirring as you add them. Simmer till it masks a spoon, skimming, as needed, while cooking. Strain through a sieve, then re-heat, and add diced truffles. Simmer 2 minutes, and season to taste.

**D'UXELLES SAUCE, or Stuffing Paste for Articles
Baked or Broiled in Paper Cases:**

| | |
|--|---|
| 3 tablespoons butter | $\frac{1}{4}$ cup Sauterne |
| 4 shallots chopped fine | 1 cup Espagnole or Brown Tomato Sauce |
| A thin slice lean ham, diced | |
| $\frac{3}{4}$ cup fresh mushrooms, chopped | 1 teaspoon chopped parsley |
| 1 small bean garlic, to be removed | At option, a little chopped truffle to add with parsley |

When the sauce must be white, substitute Velouté or Allemande Sauce to the above Brown Sauce, and when the sauce is to be served with fish, leave out the ham.

Cook and stir the shallots a few minutes in the melted butter, over a slow moderate fire. Add the ham, stir, and cook one minute. Add the mushrooms, sauté over a quicker fire until all the moisture has evaporated, dredging over all a little salt and pepper. Add Sauterne and garlic. Cook until nearly dry. Add sauce, stir, and cook until boiling and smooth. Remove to a slow fire where it will bubble at just one point till as thick as mayonnaise. Add parsley. If needed, correct seasoning.

Often this preparation is utilized to stuff cups made of blanched mushroom caps or artichoke bottoms. Dredge with crumbs. Bake in buttered dish 15 minutes. Serve as a garnish to broiled or roasted meat. Or spread at bottom of cases a layer of D'Uxelles, set over it a slice of sweetbread or a fish left-over, and dredge with crumbs. Repeat the layers, and finish with crumbs. Bake 20 minutes. Blanched onions or raw tomato made into cups filled with layers of D'Uxelles, chopped nuts and crumbs, may be made in the same manner.

BROWN SAUCE ANCHOVY:

Served with broiled meat or fillet of fish.

Have ready 1 cup of boiling Brown Sauce in saucepan, place it in water, and then beat in 1 ounce of anchovy butter cut in small bits. (See "Anchovy Butter.")

A variation of this sauce may be made by adding to the bubbling Brown Sauce, over a slow fire, 1 tablespoon meat Glaze, 1 of chopped green pepper, 2 of Tomato Purée, and 6 pared mushroom buttons cut in two lengthwise. Bring to a boil and simmer 15 minutes; then finish as before.

GENEVOISE SAUCE:

Served with boiled fillet of fish.

Slice thin, 1 onion, 1 carrot, 3 shallots; cook these in 2 tablespoons of melted butter over a moderate fire, 3 minutes, stirring as they cook. Add the carcasses and trimmings of fish cut in pieces, and a slice of garlic; cook till the vegetables are amber-colored. Now add $\frac{1}{3}$ cup of Burgundy or sherry, and $1\frac{1}{3}$ cups of Brown Sauce, and stir till boiling. Remove to slow fire and cook, bubbling at one point, till it masks a spoon, skimming often. Strain into another saucepan, through a fine sieve; reheat and set in a pan of hot water, and beat into the sauce 1 ounce of Anchovy Butter cut in bits. Season to taste, adding a few grains of Cayenne.

WHITE STOCK, II:

Used to make Allemande, Velouté, etc.

Cut in small pieces about 2 pounds of knuckle of

veal, removing gristle and fat. Add the broken carcass and giblets of an uncooked chicken. To these add 3 French carrots and 3 onions sliced crosswise, and cook all in 2 tablespoons melted butter, over a very slow fire, for 15 minutes; stir constantly, taking care that the mixture acquires no color. Now add cold White Stock or water to cover; add kitchen bouquet. Bring to a boil, remove to slower heat, keeping the stock simmering for about 3 hours, or until meat is soft. Replace evaporated liquor with hot White Stock. Skim carefully, strain, and set aside for use as required.

GLAZE (Substitute):

Glaze is often called for in cooking, to give to a finished article a glossy appearance; or to a sauce, a final touch that adds to body and flavor.

It is also used in combination with cream, butter, eggs, mushrooms, etc., to make a rich sauce.

The recipe for the standard Glaze will be found at "Aspic, or Meat Jelly." This standard Glaze is seldom found in private families; so when Glaze is called for, to enrich a sauce, one often substitutes a reduced remnant of gravy of roasted veal.

Another method is to pour some cold White Stock over split calf's feet, add $\frac{1}{2}$ teaspoon of salt, and simmer till meat leaves the bones. To the cooking meat, before done, add a kitchen bouquet and spices as for stock. Strain the broth through a double cheese-cloth, and skim all the fat on the top. Set aside till nearly cool. Put in a kettle the whites of two eggs and a piece of ice, and while stirring constantly with a wooden spatula, add very slowly the strained liquor. Put it over the fire, stirring constantly with the spatula till boiling; at once lift out the spatula and remove the pot to a slow fire where it will bubble at one point 15 minutes. Before straining it through a cheese-cloth, add a few drops of lemon juice.

DEMI-GLAZE (Half-Glaze):

Utilized to enrich other sauces.

Take 1 pint of Espagnole or Brown Sauce, and 1 pint of Brown Stock. If available, add a glass of white wine

or sherry. Combine the mixtures, stirring with a wooden spatula over a moderate fire till the boiling point is reached, then set to simmer till it will mask the spoon. Skim off all fat and froth as it appears.

CHICKEN GLAZE:

Take, as available, a calf's foot split and broken, the giblets and broken carcass of a chicken, with scalded skinned feet of same, 1 pound of knuckle of veal with gristle and fat removed; all cut in small pieces. Put in kettle, cover with cold Chicken Stock or Chicken Consommé, add $\frac{1}{2}$ teaspoon of salt, and bring to boil, then simmer till meat is soft. Strain, free of all fat, and set aside to use as required. When a clearer article is desired, clarify it as at "Aspic."

COLBERT SAUCE:

Served with broiled fillet of beef or lamb chop, etc.

Place over fire in a small saucepan $\frac{1}{5}$ cup of standard Glaze. As soon as it reaches the boiling point remove to a pan of hot water; then add gradually, 5 ounces of best butter, beating all the while to insure smoothness and glossiness. Finish by adding, beating steadily all the time, 1 tablespoon of lemon juice and 1 tablespoon of chopped parsley. Serve at once.

CHATEAUBRIAND SAUCE:

Served with broiled or roasted fillet of beef, lamb chop, etc.

Chop, very fine, 6 shallots; cook these over a moderate fire in $1\frac{1}{2}$ tablespoons of butter till they just begin to take a slight color; add 3 tablespoons dry Sauterne and cook until dry. Remove pan to a slow fire, add $\frac{1}{5}$ cup of meat Glaze, stir until melted; then, without allowing the mixture to boil, stir in, bit by bit, 2 ounces Maître d'Hotel butter, beat till smooth and glossy, and serve at once.

FINANCIÈRE SAUCE:

Served with sweetbreads, boiled calf's head, baked trout, etc., or with baked, braised, sauted meat, fowl, or fish cooked with sherry.

| | |
|------------------------------------|---------------------------------|
| 1½ tablespoons butter | 1 clove |
| ⅓ cup lean ham, cut in small dice | 4 pepper-corns |
| ⅓ cup trimmings of mushroom | 1 sprig thyme (small) |
| The available trimmings of truffle | ½ cup sherry |
| | 1 pint Espagnole or Brown Sauce |
| | ½ cup Chicken Stock |

Cook all the dry ingredients in melted butter, over a slow fire nearly 10 minutes, stirring often; then add the sherry, and reduce by boiling to one-half. Add Chicken Stock and Espagnole; stirring, bring to a boil, then remove to slow fire. Allow it to bubble at one point till fairly thick, when it masks a spoon. Strain and re-heat.

FINANCIÈRE SAUCE FOR GAME:

Made as above, only substituting Game Stock for Chicken Stock.

FINANCIÈRE GARNISHING STEW:

Served with braised or broiled meat; sauted or braised fillet of fowl, etc.

To a Financière Sauce for fowl entrées, add a dozen canned mushroom buttons, some short thick slices of cooked sweetbreads or brains, or both, and if available, a slice of truffle minced; or some chicken liver cut in two pieces and sauted as directed at "Chicken Liver Sauté." Simmer one or two minutes, and add some poached Chicken Quennelles. Set aside in hot water till served.

FINANCIÈRE FILLING:

Used for patties, cases, vol-au-vent, etc. Made as in preceding recipe, only the sauce should be made thick enough to run very slowly.

WHITE SAUCE:

Served with meat, vegetables or fish. /

| | |
|-----------------------------|-----------------|
| 1½ tablespoons butter | ¼ teaspoon salt |
| 1½ tablespoons pastry flour | 1 cup cold milk |
| A few grains Cayenne | |

For a thicker sauce use 2 tablespoons each, butter and flour. With flour and butter make over a very slow fire

a White Roux. Stirring often, cook 10 minutes, adding Cayenne. It should bubble 2 minutes in order to remove the flour rawness, taking care that the Roux remains white. Beating, dilute it with the cold milk, adding the milk very gradually; add salt. Beat after each partial addition of milk until smooth, and after the milk is all added, beat vigorously with a wire egg-beater until smooth and boiling. Boil just about 10 seconds. To secure a glossy finished sauce, strain through a fine sieve. Re-heat and beat until it bubbles again.

To re-heat a cup of left-over White Sauce, add 2 tablespoons scalded milk, cook, and beat until it bubbles and is smooth.

THICK WHITE SAUCE, I:

Used to mix croquettes.

4½ tablespoons butter

¾ cup milk

4½ tablespoons flour

½ teaspoon salt

A few grains Cayenne

Make as directed in previous recipe for White Sauce.

Sometimes it is desirable to introduce yolks of eggs into a sauce, in which case use a little less butter and flour, and as soon as the sauce comes to a bubble, place the saucepan in hot water to retain the heat, without further boiling. Stirring constantly, add the beaten yolks of 2 eggs, and continue to stir, leaving the pan in the hot water, for 5 minutes, till yolks are well cooked and set.

THICK WHITE SAUCE, II:

Used in filling patties, vol-au-vent, etc.

2⅔ tablespoons butter

1 cup milk

2⅔ tablespoons flour

½ teaspoon salt

A dash or a few grains Cayenne

Proceed as directed at White Sauce, above.

When done set the sauce in hot water, to retain heat. To each cup of sauce, add about 1½ cups of the material to be used in filling; stir carefully to mix with sauce without breaking the shape of the solid article. In this manner the added material may re-heat without boiling, as boiling is not desirable.

CREAM SAUCE:

Make same as White Sauce, substituting thin cream for milk, or using half milk and half cream. Keep hot in pan of water till serving time.

CHEESE SAUCE:

Utilized to make vegetable au gratin dishes.

Make White Sauce, set in pan of hot water, and then add from 2 to 6 tablespoons grated cheese; season to taste with salt and a few grains of Cayenne.

Sometimes a tomato sauce is used in place of the White Sauce; but in either case, the sauce must not boil after the grated cheese is added.

SOUBISE SAUCE:

Served with roast veal, chops, etc.

| | |
|-------------------------------|-----------------------------|
| 3 tablespoon clarified butter | 1 cup milk, or part cream |
| 3 tablespoons pastry flour | $\frac{1}{2}$ teaspoon salt |
| A very small dash Cayenne | |

Boil 5 or 6 white onions until soft, changing the water after it has boiled the first 5 minutes; drain thoroughly, then turn them into a little melted butter in a saucepan. Set over a slow fire and cook slowly till most of the moisture has evaporated. Rub through a purée strainer. Add a White Sauce made of above ingredients, re-heat to boiling point, and at once remove from the fire. Add a few bits of butter, stirring well.

If desired, you may cook until soft some very tender onions in the melted butter instead of boiling them; but great care must be taken that they do not color.

CAPER SAUCE:

Add a large tablespoon of capers to any of the following sauces: White, Cream, Bechamel, or Velouté Sauce.

MORNAY SAUCE:

Served with poached eggs, fish, etc.

Beat into a cup of White Sauce two slightly beaten egg-yolks and cook, without boiling, about 6 minutes or

till the eggs are set. Season as needed with a few grains of salt and white pepper. Set it in a bath of hot water and stir in $1\frac{1}{2}$ tablespoons grated cheese.

When this sauce is to be served with fish, make with a Fish Stock a Velouté, add a little cream, and omit the cheese.

VELOUTÉ SAUCE:

The following formula is for 1 pint; but where much fine cooking is expected make 2 or 3 quarts of sauce, and cook at least 2 hours.

| | |
|-----------------------------------|---------------------------|
| $3\frac{1}{4}$ tablespoons butter | 1 pint White Stock II for |
| $\frac{1}{4}$ cup pastry flour | saucés or veal broth |
| A very small dash Cayenne | |

If sauce is to be utilized with fish, use Fish Stock as liquid.

With butter and stock make a White Roux, adding the Cayenne. Dilute the Roux as directed at "Diluting of Roux," adding the stock a little at a time. Stir or beat constantly until smooth and boiling. Remove pot over a slow fire where it will slowly bubble at one point 1 hour. Skim as needed and add stock to replace what has evaporated until sauce masks a spoon. Season, if needed, with salt and white pepper. Occasionally, when the chicken flavor is not objectionable, you may use Chicken Stock as liquid.

ALLEMANDE SAUCE:

Add to a bubbling Velouté Sauce, as in preceding, $\frac{1}{2}$ cup of washed mushroom trimmings, and simmer 1 hour, as directed. Rub through a fine sieve; re-heat it to a boil, then add 2 slightly-beaten yolks of eggs, beating them into the sauce, also a few drops of lemon juice; set pan in hot water and cook below the boiling point till the eggs are set. Before serving beat in a few bits of butter, and season to taste with salt and white pepper.

This sauce is often substituted by a White Sauce, into which is beaten the slightly whipped yolks of 2 eggs and a teaspoon of lemon juice. Set back in pan of hot water and beat well just before serving.

SUPRÊME SAUCE:

Served with chicken, vegetables, poached eggs, etc.

Simmer until rather thick a cup or a pint of Velouté Sauce made with a Chicken Stock or White Stock II. When done place it in hot water, beat in $\frac{1}{2}$ or $\frac{2}{3}$ cup warmed cream and 2 or 3 egg-yolks slightly whipped. Cook without boiling, until eggs are set. Season with salt and white pepper.

CURRY SAUCE:

Served with boiled meat, etc.

Same as Velouté Sauce, only using $3\frac{3}{4}$ tablespoons of flour mixed with 1 teaspoon of curry powder.

BLOND MUSHROOM SAUCE:

Usually served with boiled meat or fowl.

With a pint of White Stock II make a Velouté Sauce, binding it with a Blond Roux made of 4 tablespoons clarified butter and 4 tablespoons pastry flour. Add $\frac{2}{3}$ cup of blanched small mushroom buttons, cutting the larger ones in two lengthwise. Season with salt and a little Cayenne.

VILLEROI SAUCE:

For the coating of meats that are to be cooked again.

Reduce over a very slow fire $1\frac{1}{2}$ cups Velouté until thick. Stir occasionally with a wooden spatula at the bottom of the pot while it bubbles at one point only, then beat in 4 or 5 slightly whipped egg-yolks. Cook a few minutes below the boiling point. Rub through a fine sieve. Add to seasoning, as needed, a few grains Cayenne and salt. When partly cooled, roll in it the articles to be coated.

NORMANDE SAUCE:

Served with poached fillet of fish.

Prepare with a Fish Stock $1\frac{1}{2}$ cups of Velouté Sauce. Allow it to bubble at one point until thick, and it fairly masks a spoon, then skim. In a second saucepan beat 2

or 3 yolks of eggs to which has been added a tablespoon of lemon juice. To this add slowly, beating as added, $\frac{1}{4}$ cup of boiling hot mushroom liquor; and, combining the two mixtures, cook in hot water till it masks the spoon, adding 2 tablespoons thick cream. Just before serving beat in 1 ounce of fine butter, or either Shrimp, Lobster or Crab Butter. Season with salt and white pepper as needed.

CHAUDFROID SAUCE FOR FOWL, I:

Cook one pint Chicken Velouté Sauce by simmering over a slow fire till it masks a spoon. In a bowl beat the yolks of 3 eggs, to which has been added 1 tablespoon of lemon juice. Continue beating as added a little of the hot sauce; then, stirring constantly, combine the two mixtures, and cook 5 minutes below the boiling point over a slow fire. Stir in $1\frac{1}{2}$ tablespoons of gelatine that has soaked 20 minutes in $\frac{1}{3}$ cup of cold clarified broth or water. Remove at once from the fire, and beat while cooling. When cooled, and before it jellies, mask the chilled article with the sauce.

CHAUDFROID SAUCE FOR FOWL, II:

Dissolve in a pint of hot Chicken Velouté that masks a spoon, 2 tablespoons of gelatine that has been soaked 20 minutes in $\frac{1}{2}$ cup of cold unjellied Chicken Stock, or water; add a tablespoon of lemon juice, and salt and pepper as needed, and beat while cooling. Mask chilled fowl with the sauce before it has entirely cooled.

GAME STOCK:

Used in the making of sauces, or Chaudfroid Sauce for game.

Put in a saucepan the broken carcasses and trimmings of game birds with 2 or 3 each sliced onions and carrots, a kitchen bouquet, 2 cloves, a few peppercorns and a gill of sherry. Place it over a moderate fire and cook till the sherry is reduced to a glaze. Add at once a rich cold White Stock to cover; bring it to a boil and remove at once to a cool spot, where stock may simmer gently for 2 hours. Skim as needed. Strain, through cheese-cloth.

4 tablespoons clarified butter 2 tablespoons granulated gela-
5 tablespoons pastry flour tine
1 pint game stock

VENISON STOCK:

Using venison trimmings and vinegar in place of sherry, proceed as for "Game Stock."

| | |
|--------------------------------|-----------------------|
| 3 tablespoons clarified butter | 1½ cups Venison Stock |
| 3¾ tablespoons pastry flour | |

POULETTE SAUCE:

Make, with a Chicken Stock, a Sauce Velouté as before directed. In a bowl put 2 or 3 yolks of eggs, and add a few bits of butter, a small dash of Cayenne, $\frac{1}{3}$ teaspoon of salt, and 1 teaspoon of lemon juice. Beating the egg mixture, add little by little the finished hot Velouté till a pint has been added, stirring all the time. Strain and place the pan containing the combined mixtures in hot water till eggs are set and beat.

CARDINAL SAUCE:

Served with fish croquettes, fish loaf or fish mousse.

Make a fish Velouté Sauce; reduce it by gentle simmering till thick, then add to each $1\frac{1}{2}$ cups Velouté, $\frac{3}{4}$ cup of warmed cream. Cook by simmering over a very slow fire till it masks a spoon. Remove from fire and stir into the mixture $1\frac{1}{2}$ ounces of Lobster, Crab or Shrimp Butter; and if desired, add a little essence of anchovies and $\frac{1}{2}$ teaspoon of lemon juice.

BECHAMEL SAUCE, I:

Served with boiled meat, chicken, vegetables, etc.

Reduce a Velouté Sauce, by simmering over a very slow fire, till it is rather thick, stirring the bottom of the pan occasionally with a spatula so that it does not scorch. To each $1\frac{1}{2}$ cups of this sauce, add $\frac{3}{4}$ cup of scalded cream or rich milk, and stir the mixture as it simmers over a slow fire till it masks a spoon. Season to suit taste.

BECHAMEL SAUCE, II:

Served with boiled fish, vegetables, etc.

| | | |
|---------------|------------------------------|---|
| 4 | tablespoons clarified butter | $\frac{1}{4}$ cup mushroom trimmings if |
| 4 | tablespoons pastry flour | available |
| $\frac{1}{2}$ | each, carrot and onion, | A few sprigs of parsley |
| | minced | 1 |
| | A dash of Cayenne | teaspoon salt |
| 1 | pint hot milk | 6 |
| | | crushed pepper-corns |

Melt butter in saucepan over a slow fire; add vegetables and stir as they cook slowly about 10 minutes. They must not color in the least, as this sauce must be white. Blend the flour in thoroughly, then, while constantly stirring, place saucepan over a hotter fire and at once add slowly the hot milk, mushrooms, parsley, salt and pepper-corns. Stir or beat with a spatula or whisk till boiling, then remove to a cooler spot and very slowly simmer 1 hour, skimming and adding hot milk or mushroom liquor to replace evaporation. Strain through a fine sieve; and while re-heating, beat till the sauce begins to bubble, then set aside in hot water till ready to serve.

DRAWN BUTTER SAUCE:

Served with baked or poached fish.

| | |
|----------------------------|---------------------------------|
| 2 tablespoons butter | 1 cup of water |
| 2 tablespoons pastry flour | $\frac{1}{3}$ teaspoon of salt |
| A dash of white pepper | 1 ounce fine butter cut in bits |

With butter and flour first make a White Roux, then stir in the pepper and dilute with the water, stirring constantly until it comes to a boil. Add salt and set on cool fire to simmer slowly for 10 minutes. Set in hot water to keep hot. Just before serving beat into it the bits of butter; beat till smooth and glossy, and add if desired a little lemon juice.

PARSLEY SAUCE:

Served with poached fish.

Same as for Drawn Butter Sauce, only incorporate into the butter 2 tablespoons of chopped parsley; then cut this parsley butter into bits and, removing sauce from fire, beat the bits a few at a time into the sauce. Add also a teaspoon of lemon juice.

RAVIGOTE BUTTER (Green Butter):

Wash a small handful of the following ingredients: parsley, tarragon, chervil, chives, watercress, half of a bean of garlic, and a shallot. Drain, place in a pint of rapidly boiling water and cook 2 minutes. Drain from this hot liquid and plunge at once into cold water, to chill rapidly; drain again and squeeze out all moisture possible, and pound in a mortar to a paste. Incorporate this into 4 ounces of creamed butter, adding a dash of salt and a few grains of Cayenne.

RAVIGOTE SAUCE, I:

Served with boiled calf's brain, pork chops, boiled fish, pigeons, etc.

To a cup of Velouté Sauce add 2 tablespoons each of tarragon vinegar and White Stock; simmer over a very slow fire till it masks a spoon, skimming as needed. Remove from the fire, and beating well, incorporate into it $1\frac{1}{2}$ ounces of Ravigote Butter cut into small bits.

RAVIGOTE SAUCE, II:

Served with meat or fish.

Chop fine a few branches of parsley and chervil, a teaspoon of chives, and a few tarragon leaves. Wrap these in double cheese-cloth, gathering and twisting the edges to form a crude bag, and hold under running cold water. Squeeze out all moisture, and add herbs to half a cup of mayonnaise. If the sauce is to be served with hot meat, the mayonnaise should be hot; otherwise use cold mayonnaise. If desired, color with green coloring (see "Green Coloring").

ANCHOVY BUTTER:

Served with steak.

Wash, bone and wipe carefully 2 anchovies, and rub them with an ounce of creamed butter, through a fine sieve.

CRAWFISH BUTTER:

Utilized to enrich Fish Sauce.

Cut in pieces shells, body bones and tough ends of claws of cooked crawfish, and dry them at oven door of a slow fire. Pound to powder in a mortar. Place in a saucepan over a slow fire in 3 ounces of melted butter. Cook, stirring occasionally, 15 minutes. Turn into a cheese-cloth bag and let hang over top of bowl holding ice water to harden falling butter. Drain butter from water, gather and pat it into shape, wiping it between towels. Use the same day as made.

LOBSTER AND CRAB BUTTER:

Using shells and body bones and claws of cooked lobster or crab, proceed as for Crawfish Butter. The Lobster Butter is sometimes made by rubbing the coral and butter through a sieve.

SHRIMP BUTTER:

Using the heads and shells of picked shrimps, proceed as directed in "Crawfish Butter." Reserve the picked shrimps for garnishing, etc.

CRAWFISH COULIS PREPARATION:

Utilized to season Fish Sauce or served with fish.

To a cup of fish Velouté Sauce add $\frac{2}{3}$ cup of reduced hot White Stock. Allow it to simmer slowly till it masks a spoon, remembering to skim as needed. Pound in a mortar the meat of 12 cooked crawfish, or $\frac{2}{3}$ of a cup of lobster, crab or shrimp meat cut in fine bits. While pounding add 6 canned mushrooms, then rub through a purée strainer. Stir this pulp into the sauce, season to suit the taste; and finish by beating in a few bits of fine butter.

MAÎTRE D'HOTEL BUTTER:

Served with broiled meat, fish, etc.

Cream 2 ounces or $\frac{1}{4}$ cup fine butter, add a dash of salt and a very little white pepper or a few grains of Cayenne. Continue to stir, add 1 or 2 tablespoons chopped parsley, and half a teaspoon of lemon juice.

MUSTARD BUTTER:

Served with broiled chops, herring or vegetables, etc.

Place a bowl containing $\frac{1}{4}$ cup of butter in warm water. To the softening butter add, as you stir, 1 teaspoon of dry English mustard, a few grains of Cayenne, a dash of salt and a teaspoon of lemon juice. Remove from water as soon as the mixture is soft and smooth, but not melted, and serve at once. A substitute for this sauce is occasionally made by adding a little powdered mustard and lemon juice to a White Sauce.

PAPRIKA BUTTER:

Served with broiled meat, fish, etc.

Rub 2 ounces of butter to a cream; add half a teaspoon each of Paprika, lemon juice and a dash of salt.

DIPLOMATE SAUCE:

Served with a removal dish of large poached fish.

Make a Bechamel Sauce II, and to 1 cup of this add 1 cup of Crawfish Coulis Preparation, stirring till it

comes to a bubble, then let simmer till it masks the spoon. Stir till smooth and glossy, season to suit the taste, and finish by beating into it, when removed from the fire, small bits of butter.

VENITIENNE SAUCE:

Served with poached or sauted fillets of fish.

Make a pint of Allemande Sauce as directed above, add, all thinly chopped, 2 tablespoons parsley, 1 teaspoonful taragon, 1 teaspoon chives, and the pulp of 2 anchovies rubbed through a fine sieve. Beat well.

OYSTER SAUCE:

Served with boiled fish or fowl.

Parboil 2 dozen small oysters in their own liquor till plump and the edges begin to curl drawn. Remove tough parts, and add to oyster liquor enough rich milk, or part cream, to make a pint of liquor. With 4 tablespoons of butter, and the same of flour, make a White Roux, stir in a few grains of Cayenne, then dilute the Roux with the liquid and stir or beat till smooth and boiling. Set to simmer very gently till it masks a spoon. Skim and salt to taste. Set in hot water to keep hot. Add oysters and 1/5 cup of cream the last thing.

MUSSELS SAUCE:

Used for boiled fish.

Cook 1 or 2 pounds of mussels as directed in "Mussels à la Marinière." Shell these and strain liquor through double cheese-cloth. Proceed with mussels and strained liquor, as for Oyster Sauce.

SHRIMP SAUCE:

Used for boiled fish.

Prepare a pint of Velouté Sauce made of White Stock II or of Fish Broth. When the sauce masks the spoon remove from the fire and stir in gradually 2 ounces Shrimp Butter cut in small bits. Season as needed, then add 1 cup picked shrimps.

Or, add shrimps to a White Sauce and beat in bits of Shrimp Butter.

LOBSTER SAUCE:

Using a cup of cooked lobster meat, cut into dice, and 2 ounces of lobster butter, proceed as for "Shrimp Sauce."

CRAB SAUCE:

Using crab meat cut into dice, and Crab Butter, follow directions for "Lobster Sauce."

CELERY SAUCE:

Served with boiled fowls.

Cut some washed celery in thin slices to obtain 1 pint; cook these in salted boiling water to cover till tender, drain thoroughly and rub through a sieve. Add this purée to a pint of White Sauce.

Or, if turkey or chicken giblets are on hand, make with them a little Chicken Stock II, bind this with a White Roux, add the celery purée and 3 tablespoons of cream, and season to taste.

MUSTARD SAUCE:

Add and beat in a cup of Drawn Butter Sauce a teaspoon of English powdered mustard. Add a teaspoon of lemon juice.

Or, to a cup of Velouté Sauce beat in a teaspoon of dry mustard, a teaspoon of sugar and a tablespoon of tarragon vinegar.

EGG SAUCE, I:

Served with boiled fish or vegetables.

To a Drawn Butter Sauce, add, while saucepan is in hot water to preserve heat, the whipped yolks of 2 eggs, leaving to cook just below boiling point till eggs are set, stirring all the time. Then add 1 hard-boiled egg, chopped fine.

Or, use a White Sauce in Place of Drawn Butter.

EGG SAUCE, II:

Served with blanched artichoke bottoms, asparagus tips, leeks, etc.

Put in a small saucepan the cooled yolks of 2 hard-boiled eggs; add $2\frac{1}{2}$ ounces of butter, a few drops of lemon juice, a dash of salt, and a few grains of Cayenne. Using a table-fork, mash these to a fine paste. Five minutes before serving, set the pan in hot water to cook, stirring constantly, till as thick as Hollandaise Sauce. Do not overheat this sauce or it will curdle; in which case it must be rubbed through a fine sieve. A substitute for this sauce is often made with a finely chopped cold hard-boiled egg mixed in 3 tablespoons soft creamed butter, seasoned with a few grains of salt and pepper.

HOLLANDAISE SAUCE (French Process):

Used for boiled fish, asparagus, cauliflower, etc.

Take 8 ounces or 1 cup of best butter. Put in a small saucepan 2 tablespoons vinegar, add a few crushed pepper-corns, and boil until reduced one-half; then allow to cool. Add the yolks of 4 eggs. With a small wire egg-beater crush the eggs while adding about 3 ounces of the butter cut into small pieces, a few grains of Cayenne, and a dash of salt. Set the pan over a very slow fire and beat constantly until the butter is melted, then rub through a fine sieve into another saucepan.

Set this saucepan in a second pan of hot water over a slow fire. The water should never be allowed to boil, as the sauce must not be permitted to get too hot. Beating constantly, add slowly, bit by bit, the remaining 5 ounces of butter, adding one bit of butter only after preceding bit is nearly incorporated into the sauce; continue beating until all is incorporated into the thick mixture. If the sauce shows signs of curdling, add at once $\frac{1}{4}$ teaspoon of cold water into which has been dropped 3 drops of lemon juice, and if it unfortunately does curdle, rub it through a fine sieve and beat vigorously.

HOLLANDAISE SAUCE (American Process):

| | |
|---|--------------------------------|
| 4 ounces or $\frac{1}{2}$ cup of butter | $\frac{1}{5}$ teaspoon salt |
| 3 yolks of eggs | $\frac{1}{2}$ cup of hot water |
| 1 tablespoon of lemon juice | A few grains Cayenne |

Rub the butter in a small saucepan till very creamy

and continue beating as you add the yolks one at a time; then, still beating vigorously, add salt, Cayenne and lemon juice. Five minutes before serving, set in pan of hot water, and beat in the boiling water, adding it slowly, and continue to beat till sauce is smooth and thick. Should it curdle, strain through fine sieve.

HOLLANDAISE TOMATÈE:

Beat in any one of the Hollandaise Sauce a little Tomato Purée or Paste.

MOCK HOLLANDAISE SAUCE:

Made by the following method, the sauce will not curdle.

| | | | |
|---------------|--------------------------|---------------|--------------------------------|
| 3 | tablespoons pastry flour | $\frac{5}{6}$ | cup water |
| 3 | tablespoons butter | 2 | egg-yolks |
| | A few grains Cayenne | 1 | teaspoon lemon juice |
| $\frac{1}{2}$ | teaspoon salt | 2 | ounces best butter cut in bits |

With butter and flour make a White Roux, adding Cayenne. Dilute with the water as explained in "Diluting of Roux," etc., adding the salt. Beat until smooth and boiling. Then, beating, allow it to simmer 5 minutes. Set it in a pan of hot water, and 7 minutes before serving beat the eggs with the lemon juice added. While constantly beating the sauce in hot water with a small wire egg-beater, add the eggs mixture. Cook in hot water 5 minutes, or till thick and eggs are set. Before serving, beat in very gradually bit by bit the second butter and beat well.

MUSLIN SAUCE, I:

Served with poached fish, salmon mousse, poached eggs, artichokes, asparagus, leeks, cauliflower, etc.

To any of the above Hollandaise Sauces add from $\frac{1}{2}$ to $\frac{3}{4}$ cup of whipped cream and beat till smooth and glossy. Add seasoning as needed.

MUSLIN SAUCE, II:

Put in a small saucepan the yolks of two eggs, a few grains of Cayenne or white pepper, a dash of salt, and a few drops of lemon juice. Set saucepan in hot water,

beat contents with small egg-beater till lukewarm and of a mayonnaise consistency. Then beat in gradually some fine butter of size of an egg, cut in bits, and add 2 tablespoons of whipped cream.

BEARNAISE SAUCE:

Served with broiled lamb chops or steaks.

Into a small saucepan put 6 crushed white peppercorns, a finely chopped tender shallot, and 3 tablespoons taragon vinegar; reduce over moderate fire to nearly a tablespoon of liquid. Allow it to thoroughly cool, then add 3 or 4 yolks of eggs and crush with wire egg-beater, add 1 ounce of best butter cut in small bits, set pan over very slow fire and beat constantly till butter is melted. Rub the mixture through a sieve into another saucepan. Set this pan in hot water, and beat the mixture constantly while adding bit by bit 3 ounces of best butter, not adding one bit till the previous one is thoroughly incorporated into the sauce. The finished sauce should be thick and smooth. Take care not to let it get too hot, or it will curdle. Season to taste with a little salt and Cayenne, and add a few chopped taragon leaves.

To a mock Hollandaise Sauce made with taragon vinegar in place of lemon juice, a few chopped taragon leaves may be added and served as a Bearnaise Sauce.

VICTOR HUGO SAUCE:

Served with broiled meat.

To Bearnaise Sauce as above add 2 tablespoons of grated horseradish.

MONTEBELLO SAUCE:

Served with broiled or sauted meat, fish, eggs, etc.

To Bearnaise Sauce as above add a tablespoon of Tomato Paste.

HOT MAYONNAISE SAUCE:

Served with fish.

With two egg-yolks, a dash of Cayenne, $\frac{1}{2}$ teaspoon of salt, a cup of oil and 2 tablespoons of vinegar, make a thick mayonnaise as directed. Measure, in a standard measuring cup, $\frac{1}{4}$ cup (scant) of cornstarch and stir

into it just enough cold water to dilute the starch. Bring half a pint of water to a boil, pour into it the mixed starch, beat constantly and boil just 2 or 3 seconds. Set it in a pan of hot water, and cook 3 minutes, still stirring constantly. While beating the mayonnaise in the bowl vigorously with a wire egg-beater, turn in, all at once, the hot cornstarch mixture. Beat about a minute, scraping sides of bowl with a flexible spatula to mix the mayonnaise thoroughly and then beat till smooth.

When this sauce is served hot, add the cooked cornstarch mixture to the mayonnaise just before serving. If to be eaten cold, put it away in a cold dry place, when it will keep two or three weeks.

It must be noted that the finished mayonnaise thus made will curdle if the starch has not been cooked enough.

This mayonnaise is very economical and is preferred by many who do not like a too rich article. Also, this mayonnaise becomes thinner by standing. Pastry flour may be used in place of cornstarch, then constantly stir the bottom of the pan with a wooden spatula while boiling the water and diluted flour for 2 minutes.

TARTARE SAUCE, HOT:

Served with broiled or boiled fish, fish balls, oysters, etc.

With the yolk of 1 egg, a dash of cayenne, $\frac{1}{4}$ teaspoon dry English mustard, $\frac{1}{2}$ teaspoon salt, 1 tablespoon vinegar, and $\frac{1}{2}$ cup of oil, make a thick mayonnaise. Mix 2 tablespoons cornstarch with a very little cold water, and turn it into $\frac{1}{2}$ cup of boiling water. Finish the sauce as for "Hot Mayonnaise." When done stir in all the following ingredients, very finely chopped: 2 tablespoons parsley, a few tarragon leaves, a teaspoon of chives, a tender shallot, a little chervil. If desired, 1 tablespoon of capers may be added, and the same of sour pickles chopped and squeezed dry of all liquid: this gives the "Remolade Sauce."

TARTARE CHANTILLY HOT SAUCE:

Served with fish, meat, etc.

To 1 cup of hot Tartare Sauce reserved in a pan of

lukewarm water add and beat in 1/3 cup of whipped cream, adding seasoning to suit taste.

TARTARE SAUCE, COLD:

To 1 cup of mayonnaise add the following, finely chopped: 2 tablespoons parsley, 1 teaspoon each chives and chervil, a tender shallot, if desired, a few tarragon leaves, and a few capers, or sour pickles chopped and squeezed dry.

TARTARE CHANTILLY SAUCE, COLD:

To 1 cup of Tartare Sauce, cold, add and beat in 1/4 cup of whipped cream.

TOMATO SAUCE:

For meat, croquettes, entrées, etc.

| | | | |
|-----|---------------------------|-----|--------------------------|
| 3 | tablespoons butter | 2 | tablespoons flour |
| 2 | tablespoons diced carrots | 1 | pint of canned tomatoes |
| 1 | tablespoon green pepper | 2/3 | teaspoon salt |
| | with the seeds removed, | 1/4 | teaspoon black pepper or |
| | cut in pieces | | Paprika |
| 1/2 | onion, chopped | | A kitchen bouquet |
| 1 | shallot, chopped | | |

Cook the vegetables 10 minutes in melted butter, over a slow fire, stirring that they take on no color. Blend in the flour, and stirring, add the tomato, bringing it quickly to the boiling point. Add the kitchen bouquet and seasoning, then remove saucepan to a slow heat, skimming often as the sauce slowly simmers for 1 hour. Strain, re-heat, and if sauce is not masking a spoon, reduce over a very slow fire.

BROWN TOMATO SAUCE:

Utilized for meat or fish entrée.

Add to 1 cup of Tomato Sauce or Purée 1 cup Brown Sauce.

FIGARO SAUCE:

Served with fish, vegetables, etc.

Beat into 1 cup of Hollandaise Sauce 1 tablespoon of Tomato Paste; or beat into 1 cup of thick Mayonnaise 1/2 cup of thick strained Tomato Sauce, as directed above. When making the Tomato Sauce, add to the vegetables

in the butter, as they cook, a slice of lean ham cut in dice.

GREEN COLORING FOR SAUCES, SOUPS, ETC.:

Wash carefully 4 handfuls very green spinach leaves; drain, pound in mortar, and squeeze through a double cheese-cloth, saving the liquor thus obtained in a small saucepan. Slightly heat this, when the green substance will settle at the bottom of pan. Pour off the surface or clear water, and save the green for coloring to use as desired.

Unclassified Sauces

HORSE-RADISH, PREPARATION OF:

Scrape the radish in a draught. This will prevent the unpleasant effect on the eyes. Grate fine, and to each $\frac{1}{2}$ cup add 1 tablespoon of mild vinegar and 1 tablespoon of sugar. Keep tightly sealed.

CRANBERRY SAUCE:

Served hot or cold with turkey.

Boil, till clear, a syrup made of $1\frac{1}{5}$ pints of water and 1 pound or 2 cups of sugar. Add to this, when clear, 1 quart of washed and picked cranberries, bring quickly to a boil, and cook about 15 minutes, or till transparent.

CURRANT MINT JELLY SAUCE:

Served with leg or saddle of mutton.

With a fork break into pieces $\frac{1}{2}$ cup currant jelly; add 2 tablespoons finely chopped mint leaves and a few drops of lemon juice.

HORSE-RADISH SAUCE:

Add to $\frac{1}{4}$ cup of finely grated crumbs of stale bread, 3 tablespoons of freshly grated horse-radish, and enough rich milk, or half fresh cream, to keep the mixture thoroughly moistened while standing an hour in a cold place. Rub through a sieve and add a dash of salt and of sugar, with 2 tablespoons of mild white vinegar; beat

to thorough mix. The finished article should be of the consistency of a very thick cream; if needed, add a little rich milk or cream. A very good Horse-radish Sauce may be made by adding the horse-radish, as above, to any of the following sauces, beating it well in: Hollandaise, Cream, or White Sauce.

CHICAGO SAUCE:

To 1 gill of Hollandaise Sauce, add 1 gill of Tomato Sauce or Tomato Purée, and two or three tablespoons of horse-radish.

BEURRE NOIR, OR BROWN BUTTER SAUCE:

Served with brains, fried eggs, poached fish, and especially good with poached skate.

Boil 2 tablespoons of vinegar till reduced one-half. Cook from $\frac{1}{3}$ to $\frac{1}{2}$ cup of butter in a frying-pan till brown, adding a few branches of parsley, which must cook in the very hot butter till crisp and then be removed and saved for garnishing. Add the vinegar to the brown butter, give one boil, and pour at once over the article to be served.

MINT SAUCE:

Served with boiled leg of lamb.

Stir into a cup of mild vinegar 1 tablespoon of sugar till well dissolved, and to this add $\frac{1}{4}$ cup of chopped mint leaves. Set it in the warmer for some time before serving. If the vinegar is too strong combine with a little water.

SPANISH SAUCE:

Served with baked fish, boiled beef or tripe; also used to re-heat boiled meat.

Cook for 10 minutes over a rather slow fire, in 3 tablespoons of butter, occasionally stirring, the following vegetables thinly sliced: 2 tender white onions, 2 shallots, 2 or 3 green peppers, seeds carefully removed, then add 1 can of tomatoes, bring quickly to a boil. Remove at once to a cooler fire, where it can cook very slowly simmering till the vegetables are soft, adding as they are

cooking 1 teaspoon of salt and a kitchen bouquet including 2 cloves. Skim and when done, remove bouquet.

CREOLE SAUCE:

Used on boiled or broiled meat, baked or poached fish, boiled tripe, etc.

Same as Spanish Sauce, except, 10 minutes before the sauce has finished cooking, add $\frac{1}{2}$ cup of mushroom buttons, the larger ones cut in two lengthwise. When serving, add chopped parsley.

BREAD SAUCE:

Served with roasted game.

Sift a cup of dried crumbs, reserving the coarse ones. Add to the fine crumbs 1 pint of milk and place over the fire in a double boiler. Add an onion into which are stuck 2 cloves, $\frac{1}{2}$ teaspoon of salt, a few grains of cayenne, and $\frac{1}{6}$ teaspoon of white pepper. Cook the mixture for 1 hour, and if needed, add more fine crumbs to render the cooking mixture thick. When done, remove the onion, and stir into the sauce $\frac{1}{2}$ ounce fine butter. Serve this sauce in a boat. In a little melted butter, cook the reserved crumbs, stirring constantly until slightly golden colored. Serve on same dish as the roasted game. When serving, spread sauce over each serving, and dredge surface with the browned crumbs.

VINAIGRETTE SAUCE:

Served with blanched calf's head, split trotters or brains; and sometimes with cold fish.

Chop fine, 2 or 3 tablespoons of parsley, a little chives, white parts of 2 tender green onions, a few tarragon leaves and chervils. Add these to a French Dressing made with following ingredients: $\frac{1}{2}$ teaspoon salt, 1 teaspoon black pepper or Paprika or one-half of each, $\frac{1}{2}$ cup of oil, and a generous tablespoonful of tarragon vinegar, or lemon juice.

JELLY SAUCE:

Add two heaping tablespoons of currant jelly to a cup of hot Brown or Espagnole Sauce. If available, add also 1 tablespoon of sherry.

CHAPTER III

SOUPS

BY the soup the "gourmet" judges the ability of the cook; to the connoisseur it is the indication of a good or a poor meal to follow. This is so in part, because by the addition of good stocks, good sauces, consommé, broth, or glaze imparting their goodness to a cooking article, depends the quality of the soups.

Nearly all soups are nourishing, and all are stimulating, preparing the tired body to receive and properly digest the heavier foods following in the meal.

Soups made of vegetables, such as sorrel, watercress, leeks, etc., are mostly beneficial on account of the great amount of mineral salts they contain. Such soups are sometimes called "health soups."

Some soups are so rich as to constitute a meal in themselves, as, for example, "Onion Soup Gratinée."

Soups may be divided into two classes: soups with stock foundation, and those without stock.

Soups without stock are made of vegetables, fruits, dry beans or peas, rice, etc., combined with butter, milk, cream and water. These soups are called in French, "soup maigre," as they contain no meat or stock. In this class belong also fish and cream soups, the latter usually made of a rich cream consistency, that will very lightly mask a spoon. Purée soups are made a little thicker than cream soups, and should always be thickened to prevent separation.

The other soups have a foundation of stock made from beef, veal, fowl or fish, and occasionally of game for the sake of flavor. Mutton is used only to make broth.

Foundation Stock For Soups

The meats used to make stock are usually the lower cut of beef round, the shin, the neck and the trimmings of beef, the neck and knuckles of veal, utilized trimmings of fowl, and occasionally an old fowl entire. All bones contain gelatine, which causes stocks, soups and sauces

to jelly on cooling: but those which hold the greatest amount are veal bones, shin bone, fowl carcasses, and especially the scalded and skinned feet of chicken, which should always be sent home by the butchers, to be used in the making of stock. Bones of young animals contain much more gelatine than those of mature animals.

In making stock, both meat and bones are used, one pound of meat and one of bone to each quart of cold water. As the lime in bones is dissolved or released by boiling, where a very clear finished stock is required, the bones are omitted.

Cut all tough meats into pieces, excepting brisket or lower round, which may be saved whole as boiled meat, or used to make entrées.

Brown Stock is usually made of beef and veal, to which is often added the giblets and trimmings of fowl and a little lean ham combined with vegetables. (See "Brown Stock.")

White Stock is usually made of veal to which a fowl or its giblets may be added.

Chicken Stock is made of chicken or fowl sometimes helped out with veal knuckle.

Stock made with beef will produce a broth or bouillon which should be slightly golden colored if properly made.

Amongst the aromatic herbs used in stock and soups, thyme ranks first, and parsley and bay leaf. Bay leaf should be used very carefully, half a leaf being sufficient for one gallon of stock. A few sprigs of parsley, some white sticks of celery, a few cloves, 8 pepper-corns (for which may be substituted the tough parts of bell pepper), a sprig of thyme, 2 carrots, 1 onion, the white part of one leek, occasionally 1 sprig of marjoram, are sufficient to a gallon of liquid. (See, "Brown Stock II.")

The stock may be kept on hand with very little expense, especially in large families where the stock kettle should receive all the trimmings of meat, the left-over bones from roast beef, veal, lamb or mutton (reserving the meat to make entrées), carcasses of fowl, and giblets and the skinned feet of chickens; being careful to avoid the addition of pork, large pieces of mutton or lamb, smoked or cured meats, with the exception of a small portion of lean ham trimmings.

If cooking asparagus, green peas, celery or carrots, their liquor may be added in same proportion to the stock or soup in which these vegetables enter. When the pods of peas are crisp and fresh, you may add two or three pods to the stock.

As soon as the stock is done, remove and strain it through a double cheese-cloth into a large bowl, taking care to keep back all sediment that has settled in the bottom of the pot. Remove all grease on top of stock. It is best to leave the crust of grease as long as may be, as it protects the stock from souring for a longer time. Keep stock uncovered in a cool place. If doubtful as to keeping longer, scald and strain again as above. The same may be done with soups which are kept over.

In very warm weather it is better to omit vegetables from stock, as they promote fermentation; scald stock each evening, and place in it a piece of washed charcoal.

FOUNDATION CREAM SOUP (1 Quart):

| | |
|----------------------------|--------------------------------|
| 3½ tablespoons butter | 1 teaspoon salt |
| 4 tablespoons pastry flour | 1 quart cold rich milk or part |
| A small dash Cayenne | cream |

Make as directed in "White Sauce."

Set aside in hot water. To this Foundation Cream Soup, vegetable purée is often added; but if tomato or sorrel are to be used, combine them just at serving time to prevent curdling, beating them together with a wire egg-beater; sometimes a very small dash of soda will prove a help against curdling.

When milk alone is used in these soups, they are improved by adding a little cream; or before serving, and after removing from the fire, beat in a few small bits of butter.

When a very thick purée of vegetables is to be added to a cream foundation, the roux for this should be made with one-half less of both butter and flour.

FOUNDATION THICKENED STOCK (for Thickened Soups):

| | |
|----------------------------|---------------------|
| 3½ tablespoons butter | 1 quart White Stock |
| 4 tablespoons pastry flour | |

With butter and flour make a White Roux. Dilute it as directed in "Diluting of Roux," with White Stock. Beat until smooth and boiling throughout, then remove to a slow spot on range where it will slowly bubble at one point 40 minutes to an hour. Add hot stock to replace evaporation, and skim off all froth or fat rising to top of mixture. Set back in hot water till needed. If purée is to be added of much thickness, reduce amount of flour and butter in roux one-half.

For Brown Thickened Stock, proceed as above, cooking the roux till brown, lifting the pan often to prevent burning and using a little more flour to make the roux. Use as liquid broth, White or Brown Stock.

Clarification of Stock

The stock to be clarified should be cool and all fat removed. For 1 gallon of stock, beat whites of 3 eggs in a kettle for a few seconds, then without stopping the beating process add very slowly, little by little, the cool stock.

Now place the kettle over the fire, and constantly stirring with wooden spatula, heat to the boiling point. At once lift the spatula and remove to slow fire and simmer slowly about 10 minutes. Strain into a kettle through a double cheese-cloth placed over a strainer.

Some cooks add the broken shells of the eggs; and this is very good provided the kettle used has a thick bottom, otherwise, the sinking shells may adhere and burn, spoiling the stock. In clarifying as above, some of the richness and flavor is lost from the stock; but by the following, or second method, the richness is retained, even improved, and is desirable in the making of *Consommé*.

Second Method: For 1 gallon cool stock, use, cut into very small dice, 1 pound of shin or lower round of beef, removing all fat and gristle, also, all finely cut, 2 young carrots, 1 leek, 1 white stick celery, a few sprigs of parsley, a sprig of thyme, half an onion; add 1 clove. To these add whites of 2 or 3 eggs, and thoroughly incorporate these with the meat and vegetables by careful mixing and pressing. While constantly stirring these

in a kettle, add very slowly the cold stock, place it over the fire, and stir constantly with a spatula until boiling. At once stop stirring, remove spatula, and set kettle over a very slow fire where it will bubble at one point for one hour or longer. The coagulating egg whites will gather all the minute particles contained in the stock and will mass on top; carefully, without breaking this solid mass of egg and impurities, strain through a double cheese-cloth.

Bouillon, Stocks, Broths and Consommés

POT-AU-FEU, OR BOUILLON (Broth):

Take a shin, meat and bone cut and sawed two inches thick. Wipe carefully with a damp cloth, place in kettle and add a piece of washed beef liver and cool water to cover. Add a tablespoon of salt and let stand a few minutes before setting it over a moderate fire to come slowly to a boil. Skim very thoroughly as it heats. As soon as it boils remove it to a slow fire that it may be kept slowly bubbling at one point only and covered for an hour and a half, carefully skimming off the scum that will appear on the top.

Carefully wipe a piece of beef 3 or 4 pounds in weight, taken from lower round, brisket or thin flank, and add to stock. The meat should be covered by the liquid, if not add sufficient boiling water to meet this need. Bring it quickly to a boil, skim, and simmer very slowly as above one hour.

Add 4 cloves stuck in an onion, a kitchen bouquet, 8 pepper-corns, and 6 young red carrots. Bring it again to a boil, then set on back of stove to simmer at one point till the last added piece of meat is just tender, about $3\frac{1}{2}$ hours or longer. Half an hour before the meat is done add 6 leeks' tips, tied in a bunch that they may be readily removed. When done, strain through cheese-cloth and remove fat.

It requires 5 to 6 hours to make a good pot-au-feu.

Serve with each plate of soup one leek and one carrot; or serve one small piece of toast in each plate.

Serve the hot boiled meat as a removal course, surrounded with the carrots and leeks.

WHITE STOCK, I:

Take 3 pounds knuckle of veal cut and sawed into two-inch thickness, the giblets of a chicken and the scalded and skinned feet of same. Procure $\frac{1}{2}$ pound lean beef or trimming of beef, gristle and fat removed, 1 onion with 1 clove inserted, 2 carrots, 6 pepper-corns, and a kitchen bouquet. Cover meat in a kettle with cold water, add 1 tablespoon of salt, and bring to boiling point; add other ingredients and leave on cooler fire to simmer slowly 3 to 4 hours, skimming often as required. Remove fat when using stock, and strain before setting to cool.

Chicken giblets and feet may be omitted if not at hand.

WHITE STOCK, II, for Sauces:

See recipe, above.

WHITE STOCK, III:

After a Broth, White Stock or Chicken Stock has been strained, add to the meat and vegetables left in the kettle just enough boiling water to cover; bring to a boil and remove to a slow fire to simmer from $\frac{1}{2}$ to 1 hour's time. Strain, and use as it is after removing fat, or add a "bouillon cube" when using. Or, replace over fire and add trimmings of meat, etc., and keep the stock going as before explained.

MUTTON BROTH:

Wash and wipe 4 pounds of neck of mutton, removing skin and fat, cut in pieces and place in kettle; add mutton trimmings on hand, discarding all fat. Add sufficient cold water to cover and 1 tablespoon of salt, bring to a boil, cook 2 minutes, and skim. Let gently simmer, covered, 2 hours, then add 1 carrot, 1 onion with 3 cloves inserted therein, 8 pepper-corns, $\frac{1}{4}$ bay leaf, and a kitchen bouquet; set kettle where it will simmer very slowly, in all, 5 or 6 hours. Strain and free from fat.

CHICKEN STOCK, I:

Put in a kettle a prepared and washed fowl, adding neck and gizzard, also scalded and skinned feet of same.

Add 2 or 3 pounds of knuckle of veal, cut in pieces, cold water to cover, and a tablespoon salt. Bring to a boil, skim carefully, and remove to slow fire and simmer. Add 1 onion with 3 cloves inserted, 6 pepper-corns and a kitchen bouquet. Simmer about 4 hours or until chicken is tender. When done, remove the chicken and reserve it to make croquettes, cromesquis, chicken pie, etc. Strain the stock through a double cheese-cloth, free it of fat, and use as directed.

CHICKEN STOCK, II

Utilized to make chicken gravy, etc.
(See directions in Chapter XIX.)

CONSOMMÉ:

Take 2 pounds lower round of beef cut in pieces, 2 pounds shin bone and meat cut in pieces, 3 pounds knuckle of veal, 1 small piece of beef liver, also the giblets and scalded and skinned feet of a fowl. Place all in a kettle, cover with cold water to which has been added a tablespoon of salt, and bring to a boil. Remove to a slow fire and simmer 2 hours, covered. Then add 2 carrots, 1 onion with 3 cloves inserted, half a bay leaf, 8 pepper-corns and a large kitchen bouquet, and leave to simmer in all about 6 hours.

For a finer Consommé, add to above articles a whole fowl that has been browned by roasting, and a piece of lean ham. Occasionally the lean meat used to make this stock is cut in small pieces and sauted till browned before the liquid is added. When done, strain through a double cheese-cloth, free from fat after it has cooled, and clarify as directed at "Clarification of Stock, Second Method."

BEEF TEA FOR INVALIDS:

Cut into small dice 1 pound of the lower round of beef, removing fat and gristle; cover with $\frac{1}{2}$ pint of cold water and let stand 1 hour. Then place over hot water, and stir till liquid begins to turn colored. Strain and add a dash of salt. To re-heat, place the cup in a pan holding hot water.

CONSOMMÉ ROYAL:

Place in a hot Consommé some pieces of Royal Custard done as directed in that recipe.

CONSOMMÉ AUX PÂTES:

Hot Consommé served with Italian pastes, noodles, macaroni, spaghetti, etc., that have first been cooked in salted water till soft, drained, plunged into cold water and again drained, to crisp, gloss and swell it.

CONSOMMÉ PRINCESS:

Add blanched peas, and diced breast of cooked chicken, to hot Consommé.

CONSOMMÉ AU PARMESAN:

Hot Consommé served with Parmesan Pâte à Choux. (See, "Pâte à Chou au Parmesan.")

CONSOMMÉ JARDINIÈRE:

Add to hot Consommé blanched green peas, blanched carrots, and asparagus tips, cut in dice.

CONSOMMÉ EN TASSE:

Chilled jellied Consommé of a delicious trembling consistency is served in chilled cups on a hot day; while hot Consommé will not come amiss if the day is cool.

CHICKEN CONSOMMÉ:

Make Chicken Stock I, as directed before, reserving the raw meat of the chicken legs, fat, gristle, and skin removed, to cut into small dice and use in the clarifying.

Place the diced meat in a kettle, add a few white lettuce leaves, (cut up fine), a sprig of thyme, a little parsley, and a shallot, and the whites and crushed shells of 3 or 4 eggs. With a wooden spoon, mix these thoroughly, incorporating the egg with the other ingredients. Stirring constantly, slowly add the cold stock, freed of all fat. Continue stirring while bringing it just to a boil, then lift out the spoon. Carefully remove it to a slow fire at once and finish cooking and straining as directed at "Clarification of Stock, Second Method."

Fish Stocks and Fish Consommés

FISH STOCK, I:

Thinly slice 2 young carrots, 2 onions, 2 shallots, and 1 stick of celery. Cook these over a slow fire, in a tablespoon of melted butter, for about 15 minutes, stirring often till they have attained a very slight amber color. Add 1 quart of cold water and about 2 pounds of fish, or bones, head, and trimmings of rock cod, sea bass, flounder, soles, etc. Add a teaspoonful of salt, a kitchen bouquet and 6 pepper-corns, and bring to a boil. Set aside to simmer slowly about 1 hour. Strain, skim, and save fish to make salad, chowder, croquettes, etc.

When a finer stock is desired, add a glass of white wine to vegetables cooking in butter, and reduce to a glaze, then proceed as above.

FISH STOCK, II:

Gather all the heads, bones, and trimmings of fish, put in a kettle and cover with cold water with salt as required. Add a sliced carrot, a kitchen bouquet, and 6 pepper-corns; bring to a boil and then simmer for 2 hours. Strain.

FISH CONSOMMÉ:

Clarify a "Fish Stock, I" with whites of eggs, as directed at "Clarification of Stock."

CONSOMMÉ AUX ŒUFS:

Put 3 or 4 yolks of eggs in a bowl, add a dash of salt and a few grains of Cayenne, and beat with a fork about a minute. Add a tablespoon of sifted flour, $\frac{1}{4}$ cup of Parmesan cheese, grated fine, and stir to mix. If mixture is of right consistency it will run from point of spoon in a string of paste the size of spaghetti, and may be added thus to hot Consommé just upon point of boiling, but not actually doing so. If the mixture is just right it will be firm in the broth; but if it becomes thin or crumbling and broken, add a little more flour or an egg-yolk, or both, and try again. Fifteen minutes before

serving, run the paste through the tube of a small funnel into the hot Consommé, just below boiling point. Cook thus, gently for 10 minutes, with lid on.

Chicken Soups

CHICKEN GIBLET SOUP:

| | |
|------------------------------------|--------------------------------|
| 2 tablespoons butter | A kitchen bouquet |
| 1 young, red carrot | 2 tablespoons rice |
| 1 small onion | 2 tomatoes, skinned and diced |
| 1 shallot | 1 or 2 boiled chicken gizzards |
| ½ sweet bell pepper, seeds removed | 1 quart Chicken Stock, II |

Chop the onion and shallot. Cut into small dice the carrot and the bell pepper. Melt the butter over a slow moderate fire, add the onion, shallot, carrot and pepper, and cook, occasionally stirring, 8 minutes. Cut the gizzards into thin short strips, discarding tough parts; add gizzards and rice, and cook, stirring, for a few minutes. Continue stirring while adding the boiling stock and the tomatoes, with the pot removed to a quick fire. When boiling, remove to a slow fire, add bouquet, and simmer 30 minutes. When done remove bouquet, skim the fat off top, and season as needed with a little salt and pepper.

The rice may be omitted, in which case soak over night 2 tablespoons barley, boil in 1 pint water till just soft, adding salt, and add to the above soup at the same time as the tomatoes.

CHICKEN GUMBO:

Make a Chicken Giblet Soup with the rice as above; adding 8 to 10 thinly crosswise sliced green okra, seeds removed.

POTAGE À LA REINE:

This recipe will be sufficient for eight or ten persons.

Make, with a prepared, tender chicken and the giblets, a "Chicken Stock I." When done, skim and strain, and set aside to keep hot about $1\frac{1}{3}$ quarts of liquid. Pick the white meat from the chicken, removing fat and bones, gristle and skin. Put the meat in a mortar and pound to

a fine paste, adding a dozen blanched almonds and $3\frac{1}{2}$ ounces of grated bread crumbs that have been moistened with 3 tablespoonfuls of the Chicken Stock. Blend these with the meat paste, uniting as one paste. Stirring, add slowly the chicken broth, then strain and rub through a very fine sieve. Place over a very slow fire where it will not boil, and add, stirring, $\frac{1}{4}$ cup cream. Season as needed with salt and white pepper. Serve in each soup dish a few small poached chicken quenelles.

Thickened Soups with Vegetables

CUCUMBER SOUP:

| | |
|-------------------------------------|----------------------------------|
| 2 or 3 cucumbers, according to size | 1 quart White Stock |
| 4 tablespoons butter | 2 yolks of eggs, slightly beaten |
| 4 tablespoons flour | $\frac{1}{2}$ cup rich cream |

Peel the cucumbers and slice thin, removing the seeds. Melt the butter over a slow fire, add the cucumbers, and simmer 15 minutes, not permitting any color to be taken on. Blend in the flour. Set pot over a good fire, and while stirring continuously, add the stock gradually and bring quickly to a boil. Remove to cool spot and simmer 30 minutes, or till vegetables are soft. Rub soup through a purée strainer, re-heat to a bubble, set in hot water, beat in the eggs, and let cook 5 minutes, then add the cream, and season to taste with salt and pepper. Serve with croutons.

CHICKEN SOUP PRINTANIÈRE:

Cook for 10 minutes over a slow fire, in one tablespoon of melted butter, 1 young red carrot, 1 turnip, 1 white stick celery, all cut into small dice. Stir occasionally, then add 1 quart of Chicken Stock I or II or Chicken Consommé. Cook over moderate fire about 40 minutes, or till vegetables are soft, and 20 minutes before it is done add 6 diced asparagus tips and half a cup of shelled tender green peas. Two skinned and diced tomatoes may be added. Season with salt and white pepper as desired.

CHICKEN SOUP COLBERT:

On serving, place in each soup dish one poached egg and pour over it a Chicken Soup Printanière.

CONSOMMÉ AUX LAITUES:

Using as many "hearts of lettuce" as there are people to serve, blanch for 10 minutes in boiling water, adding a teaspoon of salt. Drain and press out liquor. Put some thin slices of lard pork and ham in a shallow pan, arrange the lettuce over them, and sprinkle over all a little salt and white pepper, add 2 tablespoons of melted butter, and cook in a moderate oven, covered with an oiled paper, until the lettuce is soft, basting occasionally with a tablespoon of White Stock. Drain thoroughly. Serve one lettuce heart in each soup-plate of hot Consommé.

OXTAIL SOUP:

Order a small disjointed ox-tail cut in pieces half an inch long. Carefully wipe the meat, removing all bits of bone. Reserve thin and thick ends for stock. Melt 3 tablespoons of roast beef dripping over a moderate fire; in this sauté a sliced onion till evenly ambered in color, then remove onion and reserve it chopped. In the pot, set over a brisk fire, sauté the ox-tail till evenly browned, stirring as needed. Remove ox-tail and set pot over a slow fire, adding to fat left in pot 2 tablespoons of butter, blend in a scant half cup of flour, and with it make a Brown Roux. Dilute, as directed at "Diluting of Roux," with 7 cups of Brown Stock. Beat till boiling, adding the ox-tail. Allow it to bubble at one point until the meat breaks easily from the bone, skimming occasionally to remove fat and scum. One hour before done, add a quarter cup of carrot, cut in small dice, the reserved onion, a glass of sherry or a tablespoon of brandy. Season to taste with salt and rather highly with a few grains of Cayenne and black pepper. Serve with chopped hard-boiled eggs or with poached egg balls.

If lacking the sherry or brandy, boil for 2 hours, in a part of the Brown Stock, 3 tablespoons of soaked barley,

adding it to mixture at the same time as the browned oxtail. Use one-half less butter and flour to make the roux and finish as above, adding 3 tablespoons of tomato purée. Season with a few drops of lemon juice and Worcester sauce.

SCOTCH SOUP, I:

2 young, red carrots
1 white turnip
1 quart Mutton Broth

2. tablespoons of sifted flour
wet with a little cold broth
or water and strained

Bring the broth to a boil; while stirring, add the moistened flour and let simmer 5 minutes. Add the blanched vegetables cooked in salted boiling water, cooled and then diced. Or, the vegetables can be cooked in the broth as it is making, then drained out when they are soft.

Serve soup with chopped parsley.

SCOTCH SOUP, II:

Make $1\frac{1}{2}$ quarts Mutton Broth (as directed at "Mutton Broth"). Reserve $\frac{1}{2}$ pound of best tender lean mutton, trimmed from the meat before making the broth, and cut into small dice, with gristle and fat removed. Dice 2 young red carrots and 1 white turnip. Soak 1 ounce of barley in water over night. To a quart of salted boiling water, over the fire, add the drained barley and cook till nearly done, and drain. Put meat and broth into a kettle, bring to a boil, add the parboiled barley, stir till boiling is resumed, add vegetables, and let simmer till meat and barley are well done. Season with salt and a few grains of Cayenne. Serve with chopped parsley.

WATERCRESS SOUP:

Wash and pick carefully a bunch of watercress; drain and put into a quart of boiling water over the fire. As soon as it is boiling add a teaspoon of salt, cook 10 minutes, drain and press out water, and chop. Add to 1 quart of bubbling white Foundation Thickened Stock, made as directed at recipe. Beat in a bowl the yolks of

2 or 3 eggs, adding very slowly a little thickened hot soup. Combine these two mixtures, beating them together. Add a little cream and season as needed with salt and white pepper. Cook for 5 minutes, keeping just under the boiling point. Serve with croutons.

GRAND DUC POTAGE:

First Part

Take 2 tablespoons of washed rice, 20 asparagus stalks cut in pieces, reserving the tips, 1 piece of lean ham cut in small bits, a kitchen bouquet, and $1\frac{1}{2}$ quarts of Chicken Stock I; add tips of asparagus cut in pieces and enclosed in a cheese-cloth bag. To the stock, over the fire, add the ham and the bouquet and asparagus stalks, and bring to a boil. Stirring, add the rice, and cook 30 minutes. Fifteen minutes before it is done, add the bag of asparagus tips. Strain mixture through a fine sieve, reserve the bag of tips, and remove ham and bouquet, then rub rice and asparagus stalks through sieve into the broth.

Second Part

For this use the stock rice mixture and the reserved asparagus tips, adding:

| | |
|---------------------------------|--------------------------------|
| 3 tablespoons butter | 1 ounce grated Parmesan cheese |
| 3 tablespoons pastry flour | 2 egg-yolks |
| A dash of Cayenne | 1 cup cream |
| Salt and white pepper as needed | |

With the butter and flour make a White Roux, adding Cayenne. Dilute it with the stock rice mixture. Put over fire and beat constantly till smooth and boiling, then allow it to bubble at one point 1 hour. Skim occasionally to remove fat and scum. Place the kettle holding the soup in hot water. Beat the eggs in a bowl while adding a little of the hot soup, and continue to beat while combining the two mixtures. Cook, below the boiling point, till the eggs are set. Strain, add cream, cheese and tips. Stand in hot water till serving time. Season as needed with salt, etc.

PEA PURÉE:

Drain a can of peas. Make, with a White Roux and 1 quart of Chicken Stock 1, a white Foundation Thickened Stock as before directed, and 20 minutes before it is done add two-thirds of the peas and cook, just simmering. Add a little green coloring. Strain and rub the peas mixture through a purée strainer, in their own liquor. Re-heat to a bubble, add the reserved peas, simmer 2 minutes, season as needed, and serve with croutons. If desired, a little cream may be added to the above.

TOMATO PURÉE:

| | |
|---|--|
| 4 tablespoons or $\frac{1}{4}$ cup butter | 1 tablespoon rice |
| 4 tablespoons or $\frac{1}{4}$ cup pastry flour | 1 quart hot White Stock |
| 1 onion, sliced thin | 1 can tomatoes |
| 1 shallot, sliced thin | A spice bag holding 2 cloves, |
| 1 carrot, sliced thin | 1 small sprig thyme, $\frac{1}{4}$ bay |
| A little lean ham trimming | leaf and 6 pepper-corns |

Cook the vegetables for 15 minutes over a slow fire in the melted butter, stirring often; add rice and ham, cook 5 minutes, and then blend in the flour, after which gradually add the stock, stirring constantly until boiling and smooth. Now add the tomatoes, and stir till boiling is resumed, add spice bag and set aside to simmer slowly 1 hour. Strain, remove ham and bag, rub remainder through sieve into liquor, re-heat, and season to taste with salt and pepper. Serve with croutons.

MOCK TURTLE:*First Part*

Boil a calf's head as directed at that article, adding $\frac{1}{2}$ cup each of sherry and white wine, and allow it to partly cool in its own liquor. Strain this calf's head stock, free from fat, then re-boil till reduced to $1\frac{1}{2}$ quarts. Reserve. Take the skin off half the calf's head and cut skin in half-inch squares, discarding all adhering meat or fat. Reserve the prepared skin squares.

Second Part

| | |
|--------------------------------|--------------------------------|
| 4 tablespoons clarified butter | 1 tablespoon Tomato Paste or 1 |
| 1 large onion, thickly sliced | cup diced tomatoes |
| 2 carrots, thickly sliced | 4 cloves |
| 1 teaspoon oil | 1 sprig thyme |
| 1 pound lean lower round of | 8 pepper-corns |
| beef | $\frac{1}{5}$ cup sherry |
| $\frac{1}{2}$ cup lean ham | The reserved skin squares |
| $\frac{1}{3}$ cup pastry flour | Salt and white pepper as |
| A dash of Cayenne | needed |
| The reserved stock | |

Cut beef and ham in small pieces. Simmer the onion and carrots in the melted butter until slightly amber colored. Remove the vegetables and reserve. To pan removed to a quick fire add oil; when hot, add the beef and ham, and sauté these until browned. Remove meat, and reserve, leaving grease in pan removed to a slow fire. If needed, add a little extra butter to just blend in the flour, and with these make a Brown Roux, adding Cayenne. Dilute as usual with the stock, adding the tomato, reserved browned meat and vegetables. Beat until smooth and boiling, adding cloves, thyme and pepper-corns. Then remove to a slow heat to gently simmer until the meat is done, or about 2 hours. Skim to remove fat and frothy matters. Strain, season with salt and pepper, and re-heat, adding the sherry and the reserved squares of skin. Serve with egg balls, or small poached chicken forcemeat quenelles.

CHESTNUT POTAGE:

| | |
|----------------------------------|-------------------------------------|
| 2 dozen Italian or French chest- | $1\frac{1}{4}$ quarts Chicken Stock |
| nuts | $\frac{1}{2}$ cup cream |
| 2 tablespoons clarified butter | Salt and white pepper as |
| 2 tablespoons pastry flour | needed |

With a sharp knife slit the chestnuts on one side and bake in a hot oven 10 to 15 minutes, then remove both skins. To the heated stock, add the chestnuts and simmer till the chestnuts are soft. Strain and rub the chestnuts through a purée strainer into the strained stock. With the butter and flour make a White Roux. Dilute as usual with the stock. Beat constantly till smooth and boiling.

Remove to a slow heat to simmer slowly at one point 40 minutes. Skim, to remove fat and frothy matters. Add cream and season as required. Serve with croutons.

CREAM OF LETTUCE:

Make a White Roux with $3\frac{1}{2}$ tablespoons of butter and $\frac{1}{4}$ cup of flour. Dilute as usual with 1 quart (generous measure) of Chicken Stock, beating constantly till smooth and boiling. Wash, drain and chop 2 or 3 lettuce hearts and add. Set the kettle over a slow heat where the soup will slowly bubble at one point 1 hour. Skim from surface all froth and fat. Strain, and rub the lettuce through a purée strainer into the liquor. Re-heat, season to taste with salt and white pepper, adding 1 cup cream. Serve with croutons.

Soups Without Stock

JULIENNE, OR RICE VEGETABLE SOUP:

| | |
|---|--|
| 3 tender red carrots, scraped | 1 tablespoon rice |
| 1 turnip, peeled thin | 1 quart hot water with 2 bouillon cubes added. |
| 1 leek, white part only | $\frac{1}{2}$ cup shelled green peas |
| 2 green onions, white only | 1 teaspoon salt |
| 1 stalk white celery | A dash of sugar, and a spice-bag containing a sprig of |
| A few tender leaves of heart of lettuce, if desired | thyme, 2 cloves and $\frac{1}{4}$ of |
| $\frac{1}{2}$ bell pepper, seeded | a bay leaf |
| 3 tablespoons butter | |

Thinly slice the carrots and the turnip lengthwise, then across; cut the leek, onion, celery, green pepper and lettuce lengthwise, then slice thinly across. Cook these in the melted butter 15 minutes over a moderate fire, adding the rice to the vegetables. Then, stirring constantly till boiling, add the boiling water. Remove to a slow fire and let slowly simmer 40 minutes, or till the vegetables are tender, adding also the spice-bag, sugar and salt. Twenty minutes before done add the green peas. Remove spice-bag.

VEGETABLE SOUP PURÉE:

Make a Vegetable Soup as above and rub it through a purée strainer. With $1\frac{1}{2}$ tablespoons of butter and $1\frac{1}{2}$ tablespoons of flour make a White Roux. Dilute as

usual with the strained soup, beating constantly till smooth and boiling. Remove kettle to a slow heat that will allow it to slowly bubble at one point 30 minutes. Skim, to remove fat and froth. Add boiling water to replace what has evaporated. If not too salty add a bouillon cube, and add a little cream, or before serving with croutons, beat in a few bits of fine butter.

POTATO SOUP, I:

Peel and cut in pieces 2 large potatoes, place in rapidly boiling water to cover and cook rapidly till soft, adding a crushed small onion, 1 clove, and 1 teaspoon of salt. Rub it in its own liquor through a purée strainer. Re-heat and combine with it 1 quart of Foundation Cream Soup, stirring the bottom with a wooden spatula till it again comes to a bubble. Set in hot water to retain heat. When ready to serve, if too thick add as needed fresh rich milk or cream; season as needed with white pepper and salt. Just at serving, beat well into it a few small bits of butter. Serve with croutons.

POTATO SOUP, II:

Boil 2 large potatoes till soft adding onion as done in preceding recipe, and 5 minutes before the potatoes are done add $\frac{3}{4}$ cup of freshly grated bread crumbs from stale bread. Rub the potato mixture through a purée strainer, re-heat, remove from fire, and stir in, beating briskly, at least 1 ounce of best butter cut into small bits. Continue stirring while adding 1 pint of scalded rich milk, or part cream. Season as needed with salt and white pepper. Serve with croutons.

POTATO AND ASPARAGUS SOUP:

Put 2 large peeled potatoes, cut in pieces, in rapidly boiling water to cover, add 1 teaspoon of salt, an onion with a clove inserted, a small bunch of asparagus stalks cut in pieces, and the diced tips of the asparagus inclosed in a cheese-cloth bag. Bring quickly to a boil and cook till the potatoes are soft; remove asparagus tips after 15 minutes of cooking. Rub the other vegetables

through a purée strainer into its own liquor and re-heat. Add it to 1 pint of Foundation Cream Soup and beat. Before serving, beat in soup, removed off fire, a few bits of best butter. If desired, add a little cream. Season as needed with white pepper and salt. Serve with croutons.

LEEK POTATO SOUP:

| | |
|----------------------|-------------------------|
| 8 leeks | 1½ quarts water |
| 1 or 2 green onions | 1 teaspoon salt |
| 1 medium-size potato | ¾ teaspoon black pepper |
| 3 tablespoons butter | 1 clove in a spice-bag |
| 2 tablespoons rice | |

Trim the green onion, removing tough and green parts; slice across. Peel the potato, cut it in four lengthwise and thinly slice across, parboil a few minutes and drain. Wash, remove and discard tough and green parts of leeks. Wash the leeks and cut them in half lengthwise, then slice across and let stand in plenty of cold water 10 minutes, stir and drain thoroughly for 1 hour. Cook these in melted butter, over a moderate fire, about 8 minutes, adding the onion; then, stirring, add rice and cook 2 minutes; add potatoes and cook a few minutes, stirring, then add the boiling water and the remainder of the ingredients, and cook about 30 minutes. Remove spice-bag.

LEEK PURÉE SOUP:

Rub through a purée strainer a Leek Potato Soup made as above; thicken it with a White Roux and serve exactly as directed in "Vegetable Soup Purée," but leave out the bouillon cube.

SORREL SOUP:

| | |
|-------------------------------|--|
| 2 tablespoons butter | ⅓ teaspoon black pepper |
| 2 large handful sorrel leaves | 1 clove inserted in a shallot, this to be removed |
| 1 tablespoon rice | 1 tablespoon green coloring |
| 1 medium-size potato | 1 pint Foundation Cream Soup |
| ¾ quart boiling water | |
| 1 teaspoon salt | |

Peel the potato, slice it across, and parboil a few minutes, then drain. Melt the butter over a moderate fire in an agate-ware saucepan, add the sorrel leaves, thoroughly washed and freed of their stalks, and rubbed between towels and coarsely chopped. Cook, constantly stirring, about 15 minutes, or till nearly dry and until it produces a crackling sound. Then, stirring, add the potato and rice and stir constantly as they cook for a few moments; then add the water, stir till boiling, add remainder of ingredients and cook 30 minutes. Rub through a purée strainer into an agate saucepan. (Do not use any other metal saucepan as sorrel holds an excess of acid.)

Re-heat to boiling point, skim, and set in hot water to hold heat. Set the Foundation Cream Soup in another saucepan, also in pan of hot water. Two minutes before serving combine the two mixtures, and if desired, beat in a little fresh cream and a small dash of soda. Season as needed, beat in a few bits of best butter, and serve with croutons.

SORREL POTAGE PARISIAN:

| | |
|-----------------------------------|--|
| 3 tablespoons butter | $\frac{1}{3}$ teaspoon black pepper |
| 3 handfuls sorrel, stalks removed | 1 tablespoon green coloring |
| 4 sprigs chervil | 4 egg-yolks |
| 2 tender lettuce centers | 6 slices of toast, or one for each service |
| 1 quart boiling water | A spice-bag holding a shallot and a clove |
| 1 teaspoon salt | |

Wash the vegetables, drain and wipe between towels. Melt the butter over a moderate fire, add the sorrel, and cook 15 minutes as in preceding recipe. Add the coarsely chopped lettuce and chervil and, stirring, cook till nearly dry, then add boiling water, salt, pepper, spice-bag, and coloring. Cook $\frac{1}{2}$ hour. Remove spice-bag. Put yolks of eggs and bits of butter in the serving bowl, and, beating, add slowly the boiling soup, add seasoning if more is needed, arrange toast on surface of soup, and send to table at once.

STRING BEANS PURÉE SOUP:

- | | |
|---|-------------------------------|
| 3 cups water | A spice-bag holding 1 crushed |
| 1 teaspoon salt | shallot, 1 clove and sprigs |
| A dash of white pepper | of parsley |
| 1 small white stick of celery | 1 pint or more of Foundation |
| 1 small potato, peeled and cubed | Cream Soup |
| $\frac{3}{4}$ pound white string beans, prepared | |

Add the salt, pepper, vegetables and the spice-bag to the boiling water, bring to a boil and cook until the vegetables are soft. Put a purée strainer over a saucepan and turn in the boiling mixture. Remove spice-bag and celery. Rub the vegetables through strainer into their own liquor, and, while beating, combine it with the cream soup. Correct seasoning to suit the taste. Before serving with croutons add a little cream or beat in a few bits of butter.

ONION SOUP, PLAIN:

- | | |
|--|---------------------------------|
| 3 tablespoons butter | Some French croutons |
| 4 onions, or 1 pound | Salt and black pepper as needed |
| $1\frac{1}{4}$ cups Chicken Stock, II | and grated cheese |
| A spice-bag holding 6 pepper-corns and 1 clove | |

If the Chicken Stock is not available, use water and 2 bouillon cubes. Cut the onions in two, lengthwise, and cut each in half again in the same way, then thinly slice them crosswise. Cook these over a moderate fire for nearly 15 minutes, occasionally stirring, then move the pan over a quicker fire, and stirring constantly, cook the onions until they have assumed a golden straw color, or until the escaping steam gives forth the odor of vegetable caramelization. Now, stirring, add the Chicken Stock, and the spice-bag and salt. Cook until the onion is very soft, remove the spice-bag, season to the taste with a very little salt and black pepper. Pour over French croutons and dredge over it some mixed grated Parmesan and Gruyère cheese. This soup is often thickened with a Roux.

ONION SOUP GRATINÉE:

Make a plain onion soup as above, rubbing the onions through a purée strainer, in their own liquor. Put in a bowl 2 or 3 yolks of eggs, 1 teaspoon of grated Parmesan cheese. Beating the eggs, slowly add the strained soup, then pour it in a glass oven casserole, arrange on top 6 small French croutons, dredge over the top some mixed grated Parmesan and Gruyère cheese, and let cool a bit. Ten minutes before serving set in a rather hot moderate oven, and bake till hot and surface is delicately golden colored. Care must be taken that the mixture does not boil, else the eggs will curdle and the cheese lose its flavor. Send soup to the table in the casserole.

**ONION SOUP GRATINÉE AUX POINTES
D'ASPERGES:**

Blanch one dozen short asparagus tips in boiling salted water to cover, 15 minutes. Drain and reserve the liquor and make with it, using additional Chicken Stock, a plain Onion Soup, as directed before. Then make an Onion Soup Gratinée as directed in preceding recipe. To this soup, arranged in oven glass, add the blanched asparagus tips and bake as above, with croutons. Send casserole to the table.

BEAN SOUP WITH LEFT-OVER:

Put one cup of left-over baked beans in a saucepan: stirring constantly, add gradually a pint of boiling White Stock or water and bring to a bubble. Add a potato cut in pieces, $\frac{1}{2}$ teaspoon of salt, a kitchen bouquet, if available a ham bone, and a clove inserted in a crushed shallot, and simmer 30 minutes, stirring bottom occasionally to prevent scorching. Remove bouquet and bone, then rub bean mixture through a purée strainer in its own liquor. Re-heat and combine with 1 pint of Foundation Thickened White Stock. Bring to a bubble and set aside in hot water. Before serving, beat in a few bits of fine butter, and season to taste. Serve with croutons.

LENTIL SOUP WITH LEFT-OVER:

Using lentils left-over instead of beans, and proceed as directed in preceding recipe.

SPLIT PEA SOUP:

Pick over and soak over night $\frac{1}{2}$ cup of split peas. In the morning drain, add 5 cups cold water, put over fire, and bring to a boil; add a ham bone, a kitchen bouquet, and 2 cloves inserted in an onion. Simmer until the peas are tender, adding a teaspoonful salt, and 30 minutes before done, add a peeled potato cut into pieces. Rub through a purée strainer in its own liquor, removing bouquet and ham bone. Re-heat. Thicken if desired with a White Roux made of $1\frac{1}{2}$ tablespoons butter and as much flour, or add to it a pint of Foundation Thickened White Stock for white soup. Season as needed with salt and pepper, and, just before serving the soup with croutons, beat in a few bits of butter.

CORN SOUP:

Put a cup of water in a kettle over the fire, add 1 can of corn, and, stirring, bring it to a boil. Cook 10 minutes. Rub the corn through a purée strainer in its own liquor, re-heat, and, while beating, combine it with 1 pint of Foundation Cream Soup. If too thick add thin cream. Season as needed with salt and white pepper, and, before serving with croutons, beat in a few bits of butter.

GREEN PEA SOUP:

Shell $1\frac{1}{2}$ pounds green peas. Soak 20 minutes. Drain. Turn these into a pint of boiling water in a saucepan over the fire and cook until soft, adding $\frac{1}{3}$ teaspoon salt. Rub the peas through a purée strainer in their own liquor. Combine with a quart of Foundation Cream Soup, beat and re-heat to a bubble. Season as needed with salt and white pepper. Add a tablespoon green coloring if desired. Before serving with croutons, beat in a few bits of butter. Or, re-heat left-over green peas

in a cup of scalded milk, rub these through purée strainer, and finish as above.

CREAM SOUP WITH LEFT-OVERS:

Re-heat a cup of any kind of left-over vegetables in a cup of scalded milk or water. Rub the vegetables through a purée strainer in their own liquor, and, while beating, combine them with 1 pint of Foundation Cream Soup. Re-heat to a bubble. Season as needed with salt and white pepper. If too thick, add as needed fresh rich milk or cream. Before serving the soup with croutons, beat in a few small bits of butter.

TOMATO CREAM SOUP:

Boil for 5 minutes in an agate-ware saucepan 1 pint of canned tomatoes and liquor. Rub through a fine purée strainer in own liquor. Re-heat to a boil. Set in a bath of hot water. Reserve also in hot water 1 quart of Foundation Cream Soup. Just before serving combine the two mixtures and beat. Season as needed with salt and pepper. If too thick add a little scalded rich milk, and, before serving with croutons, beat in a few small bits of butter. If the tomatoes are very acid, a very small dash of soda may be added.

CREAM ASPARAGUS SOUP:

Wash and scrape 1 pound of asparagus. Cut the stalks into pieces and enclose diced asparagus tips in a cheese-cloth. Turn the stalks into a pint of boiling water over the fire. Add $\frac{1}{3}$ teaspoon of salt, and a clove inserted in a shallot. Cook until the stalks are soft. Fifteen minutes before done, add the asparagus tips. Turn the mixture into a purée strainer placed over a saucepan. Reduce the strained liquor to half a cup over a quick fire. Remove the tips and reserve them, then rub the stalks through a sieve into reduced liquor, combining it with 3 cups of Foundation Cream Soup, and re-heat to a bubble. Just before serving, beat in a few bits of butter or add a little thin cream. Season as needed with salt and white pepper, add tips, and serve with croutons.

PUMPKIN CREAM SOUP:

Cut into pieces 1 pound of pumpkin. Peel, and remove seeds. Steam until soft, and rub through a purée strainer. Add 1 cup of scalded rich milk, beating. Combine this purée with 1½ pints of Foundation Cream Soup. Stirring the bottom, re-heat to a bubble. Season as needed with salt and a few grains Cayenne. If too thick add a little thin cream. Before serving the soup with croutons, beat in a few small bits of butter.

SQUASH SOUP:

Using winter or crooked summer squash, proceed as with Pumpkin Cream Soup above.

CELERY CREAM SOUP:

Cut into pieces about 8 white sticks of washed celery. Turn these in rapidly boiling water, enough to cover the celery. Add ⅓ teaspoon of salt. Cook until soft. Turn the mixture into a purée strainer placed over a saucepan. Reduce the strained liquor to ⅓ cup. Rub the celery through strainer, then add both purée and reduced liquor to 1 quart of Foundation Cream Soup. Stir until it bubbles. Season as needed with salt and white pepper. Add a little thin cream, or before serving beat in a few small bits of butter. Serve with croutons.

MUSHROOM SOUP, I:

Wash about ½ pound of mushrooms. Peel the buttons and stems. Cut the trimmings into pieces and boil them 15 minutes in just enough water to cover, adding ⅓ teaspoon of salt. Bake the peeled mushroom buttons with toast, cream, and butter for 20 minutes as directed at "Mushrooms under Glass." Combine the two mixtures and rub them through a purée strainer. Re-heat and combine with 1 quart of Foundation Cream Soup, and while beating bring it to a bubble. Skim as needed, add a little thin cream, and before serving, with croutons, correct seasoning as required with salt and pepper.

MUSHROOM SOUP, II:

Thoroughly wash $\frac{1}{2}$ pound fresh mushrooms, removing tough parts of stems. Boil the mushrooms in Chicken Stock, II, or water enough to cover until soft, adding $\frac{1}{3}$ teaspoon of salt. Rub it through a purée strainer into its own liquor. Combine this purée with $1\frac{1}{2}$ pints or more of Foundation Cream Soup and while beating bring it to a bubble. Season as needed with salt and pepper. Before serving with croutons add a little cream or beat in a few bits of best butter.

CORN MEAL SOUP:

To one cup of boiling water over the fire add $\frac{1}{4}$ teaspoon of salt, and, while beating constantly with a small wire egg-beater, sprinkle in $1\frac{1}{2}$ tablespoons of white corn meal. Cook in double boiler about 30 minutes. Turn it into $1\frac{1}{2}$ pints of Foundation Cream Soup, and, while beating the mixture, bring it to a bubble. If too thick add a little thin cream. Season as needed with salt and pepper. Just before serving beat in a few bits of butter.

Bisques, Chowders, and Potage**TOMATO BISQUE:**

Cut into pieces 1 pound of washed tomatoes. Put in an agate-ware saucepan over the fire. Add White Stock to cover, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of sugar, a kitchen bouquet, a clove inserted in a small onion, a few pepper-corns, and a few grains Cayenne. Cook until the tomatoes are soft. Rub the mixture through a purée strainer into its own liquor, removing aromatics and vegetables. Re-heat, adding a very small dash of soda. When ready to serve, combine with the following mixture: Scald 1 quart of milk in a double boiler. Thicken with 2 tablespoons of cornstarch diluted in a little cold milk. Add 2 tablespoons of fine bread-crumbs to the cooking tomatoes. Season as needed before serving with croutons.

FISH CHOWDER:

Bone, skin and cut in pieces $1\frac{3}{4}$ pounds of fresh cod or other firm white fish. Pare, wash and slice 3 cups of good starchy potatoes and soak 2 hours and drain. In a kettle set over a moderate fire cook until partly rendered $\frac{2}{3}$ cup of diced fat salt pork. Add a thinly sliced onion, and simmer 10 minutes. Arrange over onion a layer of fish and one of potatoes; dredge with salt and pepper. Repeat the layers until ingredients are all used, finishing with the fish. Add cold water to cover, bring to a boil, and simmer till the onion and potatoes are tender. Add 1 tablespoon of flour kneaded with as much butter, and 1 pint scalded milk. Simmer 1 minute, and serve with crackers. Instead of milk you may add a Fish Stock made with fish bones and head.

**FOUNDATION THICKENED FISH STOCK
(For Soup):**

$3\frac{1}{2}$ tablespoons butter
4 tablespoons pastry flour

1 quart Fish Stock, I or II

With butter and flour make a White Roux. Dilute with the stock as directed at "Diluting of Roux," etc., beating constantly till smooth and boiling. Remove the kettle to a very slow fire where it bubbles at just one point, 30 minutes. Skim off frothy matter and fat as they appear on the top. If the thickened stock is to be added to a thick, bulky mixture, it will be necessary to use a half less of both butter and flour.

CLAM CHOWDER, I:

Drain 1 pint of clams in a double cheese-cloth, spread over a strainer, set upon a saucepan, and, while picking over the clams, wash them with enough cold water to collect in pan underneath 1 quart of liquor. Failing fresh clams, use canned article. Chop the tough parts of clams and reserve tender body parts whole. Bring the clam liquor to a boil and add 2 cups of potatoes cut in dice $\frac{1}{4}$ inch square. Boil 5 minutes and drain. Re-heat the potato liquor to a boil. Put in a soup kettle

over a moderate fire 2 tablespoons of butter and a thin slice of parboiled fat salt pork cut into dice. In lieu of salt pork a tablespoon of butter may be used, but the chowder will not be so good. Cook the salt pork a few minutes, add $\frac{1}{4}$ cup chopped onion, stirring, cook 5 minutes, then add the potatoes, cook and stir 3 minutes, add the boiling potato-clams' liquor and the chopped tough clams. Bring to a boil and simmer 20 minutes. Skim and season as needed with salt and pepper. Add soft clams, simmer 2 minutes. Serve with crisp crackers. A little cream may be added.

CLAM CHOWDER, II:

Same as preceding, except thicken as usual with a White Roux. Or, add 1 pint of Foundation Thickened Fish Stock. (See recipe above.)

CLAM CHOWDER, III:

To a Clam Chowder, I or II, add $1\frac{1}{2}$ cups skinned tomatoes, cut into dice, 10 minutes before the soup is done.

OYSTER SOUP:

Drain 1 quart of oysters through a doubled cheesecloth spread upon a saucepan. Pick the oysters carefully, removing all bits of shell and tough parts of oysters. Cut large oysters in two or in four. Add the oysters to the liquor, heat slowly to nearly the boiling point, and cook the oysters till they become plump and the edges curled, keeping the liquor near but not at boiling point as boiling will toughen the oysters. Drain. Reserve the oysters. To liquor add 1 clove, a small sprig of sweet thyme, 2 sprigs parsley, and a white celery stick. Boil until liquor is reduced to about $\frac{1}{2}$ cup. Strain. Add this liquor to 1 quart of Foundation Cream Soup, and beat or stir until it bubbles. Add oysters. When ready to serve add 1 cup of thin cream, or beat in a few bits of butter. Season as needed with salt and a few grains Cayenne. Serve with crisp crackers.

OYSTER STEW:

Pick over and rinse with a little cold water 1 pint of small oysters. Turn the oysters into $1\frac{1}{2}$ pints of scalded milk over a slow fire and cook without boiling them until they look plump and the edges begin to curl. Then add about $\frac{2}{3}$ of a cup of cracker crumbs, 1 teaspoon of salt, and a few grains Cayenne. Before serving with crisp crackers, beat in a few bits of butter.

FRENCH OYSTER SOUP:

Pick over a small handful of chervil. Remove tough stems and chop very thinly. Wrap the chopped chervil in a strong cloth. Twist the edge, let cold water run over it, and thoroughly squeeze out the liquor. Sprinkle the chopped chervil in an Oyster Soup just before serving with crisp crackers.

OYSTER BISQUE:

Pick over and clean 1 pint of oysters turned onto a doubled cheese-cloth and collect liquor. Chop the tough muscles and gills fine. Reserve soft parts of oysters whole. To collected strained liquor add enough White Stock to obtain 1 pint of liquor. Add $\frac{1}{2}$ cup of bread-crumbs, the chopped tough parts of the oysters, a spice-bag holding 1 small crushed onion, a sprig of sweet thyme, 2 sprigs of parsley, 1 clove, and a few peppercorns. Boil slowly, simmering 30 minutes; then rub through a purée strainer and re-heat, removing spice-bag. With 2 tablespoons of butter, as much flour, a few grains Cayenne, 3 cups of milk, and $1\frac{1}{4}$ teaspoons of salt, make a Foundation Cream Soup, add the reserved oysters, and combine with first mixture. Season as needed. Before serving beat in a few bits of butter, or add a little cream.

LOBSTER BISQUE:

Cut a cooked lobster in half, lengthwise. Remove meat. Pound and rub through a purée strainer the chopped tough portions of tail and reserve tender meat of body and claws, which cut into small dice. Using the

lobster coral or a little of its tender reserved meat, make 1 ounce of Lobster Butter. Cut in pieces the shells of body and claws, add 1 pint of cold White or Fish Stock, $\frac{1}{2}$ teaspoon salt, a few pepper-corns, a clove, a slice of onion, a sprig of thyme, and 2 of parsley. Bring to a boil, then simmer gently 30 minutes. Strain. With 3 tablespoons of butter and as much flour make a White Roux. Dilute as usual with the strained shell liquor and 3 cups of scalded milk; beating constantly till smooth and boiling, add also the lobster pulp. Remove to a slow fire and allow it to bubble gently at one point 30 minutes, then skim. Two minutes before done add the diced lobster meat. Season as needed with salt and white pepper. A little cream may be added, and before serving beat in, bit by bit, the Lobster Butter.

CRAB BISQUE:

Using crab, proceed as directed for "Lobster Bisque."

LOBSTER POTAGE À LA CAMBRIDGE:

Rub through a purée strainer eight ounces of tender cooked lobster meat, and, while stirring it in a sauce-pan, add slowly 1 quart of boiling Fish Stock. Bring to a boil, and simmer for 15 minutes. With 2 tablespoons of butter and as much flour make a White Roux. Dilute, as directed at "Diluting of Roux," etc., with the lobster liquor. Beat constantly till smooth and boiling, then gently simmer 30 minutes. Skim as needed. When done set it in another pan holding hot water. While beating 2 egg-yolks in a bowl, add a little of the hot lobster mixture, then combine the two mixtures and cook in hot water till the eggs are set. When ready to serve beat in 1 ounce of Lobster Butter cut in bits. Season as needed. At option add a cup of cream.

Garnishings for Soups

EGG CUSTARD FOR DECORATING:

Beat 2 yolks of eggs while adding gradually 2 tablespoons of cream, a dash of salt, and a few grains each of Cayenne and grated nutmeg. Strain in a buttered cup.

Cook, placed in hot water that never must reach boiling point, until firm, then remove. When cold slice and cut into shape with a fancy cutter. Serve with consommé or use for garnishing salad or cold meat.

ROYAL CUSTARD:

Beat slightly 4 yolks of eggs and 1 egg. While beating, add slowly $\frac{2}{5}$ cup of thin cream, $\frac{1}{2}$ teaspoon of salt, a dash of white pepper and powdered sugar, and a few grains of grated nutmeg. Strain into buttered mold. Cook and use as directed above at "Egg Custard." Sometimes the Royal Custard is made with consommé instead of cream.

CROUTONS:

Trim the crust from a stale bread. Cut it into $\frac{1}{3}$ -inch cubes. Cook in a frying pan over a moderate fire in a little hot melted butter, stirring constantly until crisp and golden colored. Serve with soup.

FRENCH CROUTONS:

Used for Garnishing of Gratin-Soup, Eggs, Meat and Vegetables.

Cut a stale loaf of bread into slices of $\frac{1}{4}$ -inch or less in thickness, one for each service, and using a fancy cutter or knife, cut into desired shape, trimming off crust. Cook over a moderate fire in a frying pan, in hot melted butter, turning over constantly till crisp and of a very nice, rich, golden brown color. French Croutons are occasionally served with soup, or, cut into triangles, they are used to garnish meat courses. Cut into circles, they are used with poached eggs, noisettes of lamb, etc., being placed over them.

CRISP CRACKERS:

Split some crackers, lightly buttered, and bake in oven, buttered side up first; bake to a golden color.

EGG BALL:

Rub the yolks of 3 hard-boiled eggs through a purée strainer. Stir in the yolk of a fresh egg, a dash of salt, and a few grains of white pepper. Shape into small balls, roll on floured board, and poach in hot broth for a few minutes.

PARMESAN PÂTE À CHOU:

Make a puff paste as directed at "Chou Paste for Puff Case" using $\frac{1}{3}$ to $\frac{2}{3}$ less ingredients. When cool, add to and mix thoroughly in with this paste 3 tablespoons of grated Parmesan cheese. Drop from teaspoon small balls in deep hot fat. Cook until crisp and nicely golden colored. The fat should not be too hot.

MARROW BALLS:

Soak a 2-ounce piece of beef marrow in cold salted water for 1 hour, drain, and wipe perfectly dry between towels. Pound it in a mortar to a fine paste. Add $1\frac{1}{2}$ tablespoons of flour, $\frac{1}{4}$ teaspoon of salt, a dash of white pepper, 2 yolks of eggs, a tablespoon of chopped parsley, and a dash of powdered sweet thyme or a few grains of nutmeg. Rub through a purée strainer. Shape as a marble. Poach 8 minutes in very hot Consommé or salted water at nearly boiling point.

CRACKERS AND CHEESE FOR SOUP:

Arrange in pan some salted crackers. Sprinkle with cheese and bake until the cheese is melted.

QUENELLES FOR SOUP GARNISHING:

The quenelles for soup, consommé and potage garnishing are always made small, and are poached before being added to these mixtures. Any kind of forcemeat may be made into quenelles. (See, "Quenelles.")

CHAPTER IV

VEGETABLES

GENERAL DIRECTIONS—COOKING OF VEGETABLES—RECIPES FOR POTATOES—SWEET POTATOES—GREEN PEAS—CARROTS—BEANS—ASPARAGUS—CAULIFLOWER—ARTICHOKES—CABBAGE—BRUSSEL SPROUTS—CELERY—BEETS—VEGETABLE SOUFFLÉ AND RINGS—ONIONS—OYSTER PLANT—PARSNIPS—LEEK TIPS—CHESTNUTS—CUCUMBERS—TOMATOES—GREEN PEPPERS—MUSHROOMS—EGG PLANT—COOKED LETTUCE AND ENDIVE—CORN—SQUASH.

General Directions

A GENEROUS diet of vegetables is a great aid to good health. This has already been discussed in "Planning Menus with Reference to Food Values."

Cook the vegetables properly, varying them as much as possible, as the different seasons bring them to us, and serve plentifully so that every member of the family may enjoy a second helping. (See, "Vegetables a Necessary Part of Our Diet.") Nearly all vegetables should be cooked as soon as gathered, especially the spring and summer vegetables, which contain sugar, and the green vegetables that are rich in mineral salts.

Vegetables are usually divided into two classes:

(a) The sweet varieties, such as green peas, carrots, string beans, shell beans, etc., which are usually cooked in a small amount of water.

(b) The strong varieties, such as cabbage, brussels sprouts, cauliflower, onions, etc., which are always blanched in a liberal amount of water.

Long picked or wilted string beans, peas, artichokes, asparagus, celery, etc., should only be used for sauce, soup or purée; and then should be allowed to stand for a long time in enough cold water to cover, until crisp again, reserving the freshly gathered vegetables for cooking on the day they are obtained.

Vegetables should be scraped, shelled, or picked over, rejecting all decayed or imperfect parts. They are usually washed in several waters and allowed to stand in fresh cold water, enough to cover, for some time, varying with their freshness, texture, age, and the condition under which they have been growing. For example, soak string beans from 1 to 6 hours, green peas 20 minutes to 2 hours, asparagus, artichokes, and green corn, 30 minutes to 2 hours, cabbage, cauliflower, brussels sprouts 40 minutes to 3 hours, spinach, lettuce, endives, 30 minutes to 1 hour.

In order to remove insects, add to the soaking head of leafy vegetables or greens one or two tablespoons of vinegar or one tablespoon of salt. All boiled vegetables should be drained as soon as they are soft, as, by standing in their own liquor, they become soggy. All vegetables eaten raw should be served as soon as gathered.

When vegetables are to be kept for some time, arrange them on a dry, cold bottom in a ventilated, cold, dark place. To keep leafy vegetables fresh for a day, arrange them in a shallow dish in nearly a fourth-inch of cold water. Soak a piece of linen in water and spread it over the vegetables, letting the corners of the cloth dip into the water, which will keep the cloth moistened, and place it in an airy, cold place. Parsley, watercress, chervil, mint, etc., must be picked over and thoroughly washed, then arranged in a glass or bowl holding cold water in the same manner as for a flower bouquet. Dry shallots, garlic, bay leaves, thyme, etc., are hung or kept in sealed jars. Root vegetables are first peeled, then dropped in cold water sufficient to cover. These vegetables hold salts indissoluble in cold water; and, the best part of these vegetables being near the skin, they should be peeled as thin as possible. In warm weather, change the water often. Carrots, salsify, asparagus, and new potatoes are usually scraped.

Cooking of Vegetables

The simplest manner of cooking fresh gathered spring and summer vegetables is usually recognized as the best, as the simple method preserves their particular flavor and color.

Cook all vegetables to the right point of tenderness, that is, a bit crisp, and drain at once. Over-cooking of vegetables impairs their texture, flavor, and color. The time of cooking begins only when water and vegetables are both boiling, and this time depends mostly on the freshness and age of the vegetables and the climatic conditions under which they have been grown.

A very small dash of soda added to old vegetables that are being boiled will be a help in shortening the time of cooking. It may also be added to boiling green vegetables, to retain their natural color.

BLANCHING OR BOILING VEGETABLES:

Vegetables to be boiled should always be put in rapidly boiling water, sufficient to cover. The temperature of the water which is reduced by the addition of the cold vegetable, should be brought as quickly as possible again to the boiling point, thereby making this non-boiling period as short as possible. To obtain this result, have the kettle placed over a brisk fire. In this manner the vegetable surface will be quickly seared and the vegetables will retain their flavor and particular color. All vegetables should be blanched uncovered; but, to shorten the non-boiling period, it is best to put the lid on the kettle after the vegetables are added to the boiling water; as soon as the mixture is boiling again, remove the lid and keep the kettle over a fire where it will boil constantly and slowly until the vegetables are soft, then drain at once.

Since salt draws the mineral matters out of the boiling vegetables, it is best to add salt as soon as they begin to boil, or a little after.

Potatoes to be boiled should be put in rapidly-boiling water and brought quickly to a boil, kept constantly boiling until soft, and then drained at once. Salt is added when done or nearly done, excepting where potatoes break in boiling water, the salt should be added when they begin to boil, as salt will harden the fibers of the boiling potatoes. It is best, however, to steam this kind of potatoes.

Vegetables that are blanched for garnishing of salad, stew, soup, etc., are usually cooked in a larger amount of boiling water so they retain their color to a higher degree.

STEAMING VEGETABLES:

Vegetables to be steamed are cooked as rapidly as possible until soft. To obtain this result place the steamer over a quick fire, the lower pot two-thirds full of rapidly-boiling water, cover, and when the steamer is filled throughout with steam, turn in the vegetables. Cover at once, placing a cloth between the lid and steamer to keep steam tightly enclosed. Keep the water in lower pot constantly boiling.

BAKED VEGETABLES:

Vegetables to be baked are placed in a hot oven. They should be cooked to just the right point of tenderness, as over-baked vegetables have their texture impaired.

Recipes for Potatoes

FRENCH FRIED POTATOES:

Soak the peeled potatoes 5 hours. Drain. Cut in pieces 2 or 3 inches long and $\frac{1}{3}$ inch square, and wipe between towels. Place in nearly smoking-hot, deep fat, cook until soft, and lift out. Re-heat the fat until very hot. Immerse the pieces in the fat, set the fryer over a brisk fire, and cook the potatoes to a crisp and golden colored finish, while separating them with a skimmer. Drain well, sprinkle over some fine salt, and serve at once.

POTATOES PAILLE:

Make same as "French Fried Potatoes," only cut the potatoes 2 inches long and $\frac{1}{8}$ inch square.

SARATOGA CHIPS:

Wash and peel 2 potatoes and slice them crosswise, very thin. Wipe perfectly dry between towels. Drop them quickly, slice by slice, into deep, hot fat. Cook,

stirring occasionally with skimmer, until slightly amber-colored and crisp. Drain, sprinkle lightly with fine salt, and serve hot. The finished article should be perfectly dry and crisp.

PUFFED POTATOES, I:

Wash and peel 2 medium-sized potatoes of a good, starchy quality. Cut the sides square and trim off the corners. Slice lengthwise, evenly, of the thickness of a silver dollar, and wipe between towels. Drop one by one into hot, deep fat, and cook slowly until soft but not colored. Remove potatoes and drain. Re-heat the fat until it just begins to smoke, and immerse the potatoes again in the fat. Remove the fryer to a quick fire and cook until they puff into balls and become of a slight amber color. Toss potatoes from basket, sprinkle lightly with salt, and serve them on a napkin.

The gradually heated fat is the main factor of success in this recipe, second only to the quality of the potatoes.

PUFFED POTATOES, II:

Bake 2 medium-sized potatoes until tender. Take out all the inside pulp with a spoon and rub it through a purée strainer, adding a tablespoon of thick cream, $\frac{1}{4}$ teaspoon salt, and a few grains Cayenne. Make a "Chou-Paste for Puff Case," as instructed in that recipe; combine it with first mixture, add a whole egg, and beat vigorously with a slitted spoon until smooth. Shape into balls the size of a walnut, and roll in beaten eggs and crumbs. Fry in hot, deep fat until puffed and of a nice golden color.

POTATO CROQUETTE:

Bake a pound of starchy potatoes until soft. Leaving out the skin, rub the pulp through a purée strainer or force through a potato ricer. Add $\frac{1}{2}$ teaspoon of salt and a few grains of Cayenne, and, if desired, a little nutmeg. Add one ounce butter, and place in a saucepan over a slow fire. Beat with a slit spoon until smooth. Take it off fire, and beat in 1 or 2 egg-yolks. Let partly

cool, and shape into croquettes. Roll in beaten egg and in fine crumbs seasoned with a little salt and pepper. Fry in deep, hot fat to a crisp golden color.

DUCHESS POTATOES:

Prepare a Potato Croquette mixture as in preceding recipe. Shape long, square croquettes $2\frac{1}{2}$ inches long, 2 inches wide and 1 inch thick, and finish croquette as directed above. Serve hot on a napkin or as garnishing.

POTATO TIMBALE:

Prepare a Potato Croquette mixture as above, adding a little more butter, 2 anchovies very thinly minced, and 3 tablespoons of grated Parmesan cheese. Beat with a slitted spoon until smooth. With this potato paste fill some buttered ramequins sprinkled with crumbs, and bake 20 minutes in a moderate oven. Unmold these on a hot dish, as a garnishing to a meat course.

CHATEAUBRIAND POTATOES:

Using a small oval scoop cutter, shape pieces out of peeled potatoes the size of a small olive. Wash and drain, and put in a saucepan with cold water to cover. Bring to a boil and boil slowly 6 minutes, adding a teaspoon of salt, then drain. Melt 2 tablespoons of butter in a frying-pan over a good fire, and add a tablespoon of oil. When hot, turn in the potatoes, taking care to have the balls covering bottom of pan in one layer. Shaking the pan occasionally, cook until slightly amber-colored, sprinkling over a little fine salt, then place in hot oven to bake till golden-colored and soft. Serve, drained of fat over a "Maître d'Hotel Butter."

DELMONICO POTATOES:

Same as preceding recipe, only shape the small balls with a round scoop cutter.

LYONNAISE POTATOES:

Chop the tender part of a green onion fine. Put 1 tablespoon of oil and 3 of butter in a frying-pan over a

good moderate fire, and when hot turn in 5 potatoes, boiled the day before, peeled, cut in four lengthwise, and thinly sliced crosswise. Shake the pan occasionally while sauteing the potatoes. Sprinkle over the onion $\frac{1}{2}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper. Cook 5 minutes or until under surface is golden-colored, then turn and cook until other surface is golden-colored. Turn once again, and shape the potatoes like an omelet on one side of the pan. Cook until under surface is browned, invert over a hot dish, and sprinkle over some chopped parsley.

MINCED POTATOES:

Mince very fine some cold potatoes boiled or baked the previous day, removing the skins, and proceed as in preceding recipe. While sauteing the potatoes shake the pan occasionally in order that they do not stick to the bottom of pan, else they will burn.

POTATOES AU GRATIN, I:

Make a mixture as instructed in "Potato Timbale," leaving out the anchovies. Arrange in a buttered glass oven gratin dish, and sprinkle over surface some grated cheese and buttered crumbs. Bake about 15 minutes in a rather hot oven or until surface is delicately golden-colored.

POTATOES AU GRATIN, II, WITH LEFT-OVERS:

While beating left-over mashed potatoes, add a little cream, a little melted butter, and a teaspoon of grated cheese. Beat till smooth. Arrange this paste in buttered gratin dish and finish as in preceding recipe.

ROSE POTATOES:

Bake 3 or 4 potatoes until soft, then remove the pulp and rub through a strainer. Add 1 tablespoon of melted butter, 2 tablespoons of thick cream, and 2 slightly beaten yolks of eggs, also $\frac{1}{2}$ teaspoon of salt and a few grains of

Cayenne. Beat the mixture until smooth and cold, then cut, and fold into it 2 stiff-beaten whites of eggs. Force, through a pastry bag and rose tub, balls the size of a large walnut, onto a baking pan shined with oil. Brush the balls over with melted butter, and bake in a rather hot oven to a delicate golden color.

POTATOES ANNA:

Parboil 4 potatoes 20 minutes in rapidly boiling water, then drain. They should not be done, but just beginning to soften. Peel and slice crosswise, and cover thoroughly in a bowl with 1 ounce melted butter, sprinkling over $\frac{2}{3}$ teaspoon of salt and a dash of white pepper. Melt 2 tablespoons of butter on a slow fire, add the potatoes, cook 10 or 15 minutes, or until soft. They must remain white. Arrange in layers alternated with layers of mixed grated Parmesan and Gruyère cheese, finishing with a layer of cheese on top. Filling a buttered gratin dish, dredge over some buttered crumbs, and bake to a delicate golden color in a rather hot, moderate oven.

BROWN POTATOES:

Peel some potatoes thin and of a uniformly small size, wash, rinse, drain, and wipe between towels. Put 2 tablespoons of oil in a frying-pan of a size where the potatoes will cover the bottom in a layer. Set the pan over a good fire, turn the potatoes in the hot fat, and cook, stirring constantly with a wooden spoon, until slightly amber-colored, dredge over a little salt, then bake in a hot oven till tender, crisp and browned. Drain the potatoes on brown paper and set at open oven door.

Clarified dripping instead of oil may be used, but the potatoes thus cooked should be first parboiled.

EARLY POTATOES SAUTED:

Scrape, with a dull knife, some early potatoes of a small, even size, and wash and drain. Turn into rapidly boiling water and boil 20 minutes, then drain. Turn in a saucepan, in melted clarified butter over a slow, moderate fire. See that the potatoes cover the bottom of

the pan in one layer. Cook until soft, shaking pan occasionally to prevent sticking at bottom. When nearly done sprinkle over a little fine salt and a few grains of white pepper. Sprinkle over some chopped parsley, and serve at once.

EARLY POTATOES IN CREAM:

Neatly scrape small early potatoes of an even size, wash and rinse. Boil or steam until just soft, and drain. Melt $1\frac{1}{2}$ tablespoons of butter in a saucepan over a slow fire. Gently turn in the potatoes, which should cover bottom of pan in one layer. Sprinkle over salt and a few grains of white pepper. Shaking pan occasionally, cook the potatoes until all the butter is absorbed, without allowing them to color in the least; then add 1 cup of cream, and salt as needed. Serve hot.

POTATOES IN CREAM:

Boil or steam 4 or 5 potatoes until tender. Drain. Remove skins and cut in cubes $\frac{1}{3}$ inch thick. Turn into a hot White or Cream Sauce. Season as needed with a little salt and white pepper.

To left-over potatoes in cream add a little grated cheese, then arrange in a buttered glass oven gratin dish, dredge over some cheese and crumbs, dot top with bits of butter, and bake 10 minutes.

BAKED POTATOES:

Select potatoes of uniformly good size and shape, soak them awhile in cold water, then scrub with a brush. Cut a thin slice off at each pointed end, wash, rinse and drain. Arrange in a baking pan and set in a hot oven, putting also in the oven a small saucepan holding hot water. Bake about 40 minutes, or till tender. The oven should be hot, as potatoes baked in an oven not sufficiently heated will be unpalatable, and the potatoes should be done just a little before serving, as long standing renders them soggy. If they do have to stand any length of time, prick them with a pointed knife and reserve in a moderately hot place.

BAKED POTATOES, EN SURPRISE:

Bake as above 1 potato for each service. Using a sharp knife, cut from top of each hot potato lengthwise, a skin slice, which reserve. Using a spoon, scoop out the potato pulp. As the best part of the potato is next to the skin, the entire pulp must be scooped out clean without breaking the skin. Rub this potato pulp through a purée strainer or force it through a potato ricer, and, while beating vigorously, add salt and a few grains of Cayenne as needed. To 1 pound pulp add 1 ounce of butter and beat until smooth. Fill the potato skin with the mixture, cover with the top skin slice, and re-heat a few minutes in the oven.

POTATO CAKE WITH LEFT-OVER MASHED POTATOES:

Left-over mashed potatoes that are still warm may be shaped in a buttered or wet enamel muffin ring or cup and allowed to stand in a cold, dry place until needed. Un-mould these, roll in flour, and fry in hot, deep fat to a crisp, light-brown color.

BOILED POTATOES:

Thoroughly wash the potatoes, drain and thinly peel. Cut to uniform shape and size, rinse and drain. Turn into rapidly boiling water to cover, over a brisk fire, and bring quickly to a boil. Cook uncovered, constantly and slowly boiling, until soft. Thoroughly drain, and let stand 2 minutes only, in strainer on back of range, then serve at once.

STEAMED POTATOES:

Prepare the potatoes as above and cook in a steamer as directed at "Steaming of Vegetables."

MASHED POTATOES:

Boil or steam potatoes as above. Thoroughly drain, and at once force through a potato ricer, then, while beating with a slitted spoon, to each pound of potatoes

add 1 ounce of butter, $\frac{2}{3}$ teaspoon of salt, a few grains Cayenne, and $\frac{1}{4}$ cup of scalded rich milk. Beat vigorously until it becomes light, very white, and smooth. Serve at once, very hot.

STEWED POTATOES À LA PARISIENNE:

| | |
|---|--|
| 2½ tablespoons clarified butter | $\frac{2}{3}$ teaspoon salt |
| 2 peeled tender onions, cut in small dice | $\frac{1}{4}$ teaspoon white pepper |
| 1½ pints boiling White Stock | A kitchen bouquet, to be removed when done |
| 5 large potatoes, cut into dice | |

Melt the butter over a slow fire. Add the onions. Cook, occasionally stirring, about 15 minutes, or till the onions are delicately amber-colored, then add the hot stock and bring it quickly to a boil. Add the potatoes, the seasoning and bouquet, and cook constantly, slowly boiling, until the potatoes are soft. The potatoes should be uncovered, so that some of the liquid may evaporate.

PARISIAN POTATO BALLS À LA MAÎTRE D'HOTEL:

Scoop balls out of some peeled potatoes, steam them soft as directed above, turn into a hot dish over a Maître d'Hotel Butter. The heat of the potatoes will melt the butter.

GRIDDLE POTATO CAKE:

Grate a peeled raw potato, add $\frac{1}{3}$ teaspoon of salt, $\frac{1}{3}$ teaspoon of sugar, and 1 egg, slightly beaten; then stir in a scant $\frac{1}{4}$ cup of flour sifted with $\frac{1}{2}$ teaspoon of baking powder. If needed, add more sifted flour to hold the grated potato together. Drop from tablespoon onto a hot griddle and cook as hot cakes.

O'BRIEN POTATOES:

Cut into dice $\frac{1}{2}$ inch square 2 or 3 peeled potatoes. Parboil 6 minutes and drain. Turn into 2 tablespoons of hot melted butter over a moderate fire and cook until tender and of a uniform delicate golden color, taking care not to break the shape of the dice while stirring or

shaking pan. Sprinkle over a little salt and a dash of white pepper. Turn onto a hot dish, leaving the butter in the pan, in which simmer, for 2 minutes, 2 shredded or diced pimientos. Turn the pimientos over the potatoes and sprinkle over some chopped parsley.

Or, fry the potatoes in hot, deep fat until tender and amber-colored; drain; simmer the pimientos in a little melted butter, and serve as above, with chopped parsley.

POTATO SOCLE:

Steam 3 pounds of potatoes with the skin on, until soft. Remove skins and rub through a potato ricer. Put in a saucepan over a slow fire, stirring a while so it may dry a little. Continue stirring, add 2 ounces of butter, 1 teaspoon of salt, a dash of Cayenne, and 2 egg-yolks. Beat thoroughly. Arrange the potato mixture in a layer, $\frac{3}{4}$ of an inch thick, on a buttered tin, brush top and sides with a beaten egg-yolk, and bake in a moderately hot oven to a nice golden color. Carefully slip onto a hot serving dish, and serve.

Recipes for Sweet Potatoes

BOILED SWEET POTATOES:

Soak, scrub, wash and rinse the sweet potatoes. Turn into rapidly boiling water to cover, keeping the water constantly boiling until tender, that is, when they are easily pierced with carving fork. Drain at once. Add a teaspoon of salt 5 minutes before done.

Sweet potatoes are seldom boiled peeled; peel them while hot before sending them to the table.

BAKED SWEET POTATOES:

Select good sweet potatoes of uniform size and shape. Wash, scrub, and rinse. Bake in hot oven until tender, as directed in "Baked Potatoes." The oven must be hot throughout the entire time the potatoes are baking.

MASHED SWEET POTATOES:

Boil or steam 3 or 4 sweet potatoes until tender. Drain, and remove skin. Force through a potato ricer,

and, while beating vigorously with a slitted spoon, add 1 ounce of butter, $\frac{1}{2}$ teaspoon of salt, and about a quarter cup of hot, rich milk. Beat vigorously until light and smooth, and serve at once.

GLACED SWEET POTATOES:

Boil or steam some medium-sized sweet potatoes until tender, and drain. Peel and cut each potato in two, lengthwise. Roll in a little melted butter and lightly in granulated sugar. Arrange in a baking pan shined with oil, and bake in a rather hot moderate oven until nicely glazed, basting with 1 tablespoon of melted butter.

SWEET POTATOE CROQUETTES:

Using sweet potatoes, proceed as directed in "Potato Croquette."

SWEET POTATOES PUFFED:

Bake 2 medium-sized sweet potatoes, and proceed as directed in "Puff Potato, II."

SWEET POTATOES SOUTHERN STYLE:

Butter a glass oven gratin dish and on it arrange a layer of boiled or baked sweet potatoes, cut into slices. Sprinkle over a small dash of fine salt and a very little pepper, and spread over a tablespoon of molasses. Repeat layers of potatoes, seasoning, and molasses, filling the dish. Straighten surface and sprinkle over top a tablespoon of brown sugar. Dot with bits of butter, and bake until browned.

Recipes for Green Peas

Green peas should always be cooked the same day they are gathered.

To prepare green peas for cooking, remove peas from pods and turn the peas into cold water to cover. Remove imperfect and undeveloped peas. Wash, rinse, and allow to stand in cold water about 30 minutes.

GREEN PEAS À LA FRANÇAISE, I:

Soak about 3 cups of shelled green peas 30 minutes. Drain and wipe perfectly dry between towels. Take a thinly shredded heart of lettuce or a thinly chopped green onion and simmer about 4 minutes over a moderate fire in 3 tablespoons of melted butter. Remove the pot to a quicker fire, add the peas, and while tossing or stirring, sauté them until all the butter is absorbed. At once add enough boiling water to more than cover the peas. Bring quickly to a boil, and, after boiling 5 minutes, add $\frac{1}{4}$ teaspoon of salt; then cook, constantly boiling, until tender. Arrange to have just enough water so that, when the peas are done, there will be very little water left in kettle. While shaking the pan, add, 2 minutes before the peas are done, a teaspoon of butter kneaded with as much flour. Season as needed with a little black pepper and a little sugar. (See "Sweetening of Green Peas.") Add to onion a mint leaf.

GREEN PEAS À LA FRANÇAISE, II:

Utilizing choice fresh gathered green peas and omitting the lettuce or onion, proceed as in preceding recipe, only add a little boiling water occasionally to the cooking green peas, to keep the water constantly level with the peas, never allowing it to stop boiling. When done, drain, add to the peas a little butter, season as needed with pepper and sugar, and shake the kettle to mix thoroughly. If desired, the drained liquor may be reduced to about 2 tablespoons, then beat in 1 teaspoon of butter kneaded with as much flour, let it bubble, and add to the peas.

SWEETENING OF GREEN PEAS:

In the two preceding recipes, a little sugar is added to the green peas, but the sugar may be omitted if the peas are of a fine natural sweetness. To green peas that have stood 2 or 3 days after having been gathered, a teaspoon or more of sugar may be added, as they have then lost their natural sweetness.

BOILED GREEN PEAS:

Put into about 1 pint of boiling water, over a brisk fire, 1 pound of shelled green peas, and add a very small dash of soda. Bring to a boil quickly, and keep constantly boiling until peas are tender, adding boiling water occasionally to keep the peas constantly immersed. Ten minutes before they are done, add a half teaspoon of salt. Drain as soon as tender.

Green peas cooked in this manner are often used to garnish salads, etc.

GREEN PEAS À L'ANGLAISE:

Boil fresh gathered green peas as in preceding recipe until soft, then drain. Pile the peas on a hot dish and dot top with many small bits of fine butter, which will melt over peas. Serve at once.

GREEN PEAS IN CREAM:

Boil green peas as above and drain. Turn them in a White or Cream Sauce. Season as needed with a few grains of white pepper and salt. If canned peas are used, drain them, dip in cold water to cover, stir, and drain thoroughly, then re-heat them in sauce.

CANNED GREEN PEAS À LA FRANÇAISE:

Drain a can of green peas; immerse in cold water, stir, and drain. Melt 3 tablespoons of butter over a slow fire. Add a thinly-sliced center of lettuce. Cook 5 minutes, then blend in 1 teaspoon of flour. Constantly stirring, add $\frac{1}{2}$ cup of boiling water or White Stock, and continue stirring until boiling; cook 20 minutes, simmering, then remove to a good fire, add the green peas, and, shaking the pan to mix, bring quickly to a boil, adding $\frac{1}{2}$ teaspoon of salt, $\frac{1}{3}$ teaspoon of sugar, and a small dash of black pepper. Cover, and simmer 2 minutes.

GREEN PEAS PURÉE:

Boil a pint of shelled green peas as directed above, until tender, then drain thoroughly. Rub the peas

through a purée strainer in a saucepan. Set over a slow fire, and, while stirring constantly, add a few bits of butter, a tablespoon of thick cream, and season as needed with salt and pepper. If desired, use canned peas; in which case, drain the peas, rinse in cold water, and again drain.

GREEN PEAS PURÉE BORDER:

Make a thick Green Peas Purée as above. Force through a pastry bag and rose tub around a hot dish to form a ring, in center of which serve hot cooked meat, fish, stew, etc. If desired, a little green coloring may be added to the purée.

GREEN PEAS RING:

Make a Green Peas Purée as above. To each pint of purée add $\frac{1}{2}$ teaspoon of onion juice, and a slightly beaten whole egg; mix thoroughly, while adding, as needed, a few grains of Cayenne, a little salt, and 1 tablespoon of melted butter. Arrange this mixture in a buttered ring mold, place it in nearly boiling water to three-fourths of the height of the mold in another pan. Cover with oiled paper and poach in very moderate oven until firm. Serve with Cream Sauce; or may be used as a border for meat dishes, stews, etc.

Recipes for Carrots

Carrots of good quality, young and red, make a fine vegetable. French carrots are recognized as the best. Always select red carrots of medium size, wash, scrape, and rinse. They may be kept for a few hours in cold water to cover. When using old carrots, remove the yellow center, which may be added to the stock.

BOILED CARROTS:

Wash, scrape, and rinse some young, red carrots. Cut these in small cubes, or slice crosswise the thickness of a silver dollar; or, again, scoop small balls out of reddest part of carrots with an olive-shaped scoop knife. Turn these in rapidly boiling water to cover, boil constantly

immersed until tender, and drain. Add a teaspoon of salt after boiling 10 minutes, and, if the carrots are not sweet, add to the boiling liquid a teaspoon of sugar.

CARROTS SAUTED:

Boil the carrots as above until soft. Drain. Turn into a saucepan, over a slow fire, in 2 tablespoons of melted butter. Toss, to mix thoroughly, or carefully stir without breaking. Sprinkle over a few grains of salt, $\frac{1}{2}$ teaspoon sugar, and a dash of pepper. Pile on hot serving dish, and sprinkle over some chopped parsley.

If the carrots are not the sweet variety, more sugar must be added.

CARROTS À LA VICHY:

Cook carrots as directed above, and before serving sprinkle over a tablespoon of parsley and a teaspoon of chive, both chopped fine.

This is the best way to serve carrots.

CARROTS À LA PARISIENNE:

Turn some carrots, cooked as above, into a Brown Sauce, and when serving dredge over some chopped parsley.

CARROTS IN CREAM:

Boil carrots till tender, as directed in "Boiled Carrots," drain, and turn them into a White Sauce.

CARROTS AND GREEN PEAS SAUTED:

Select some young, red carrots, wash, scrape, rinse, and cut into cubes the size of a large pea. If the carrots are not of first quality, leave out yellow center. Boil as directed above, until tender, then drain. Blanch in rapidly boiling water to cover until tender, the same amount of green peas as there are carrots, adding a dash of salt, and drain. Melt 2 or 3 tablespoons of butter over a slow fire, and in this turn the carrots and peas. Toss or stir, to mix, adding a dash each of salt, sugar, and pepper.

CARROTS AND GREEN PEAS IN CREAM:

Boil carrots and green peas as in preceding recipe. Drain. Turn into a White or Cream Sauce. Shake pan, to mix, and season to taste.

CARROTS PURÉE:

Boil some carrots prepared as above, drain, and rub through a purée strainer into a saucepan, over a slow fire. Stir in 2 tablespoons of butter, a dash each of salt, white pepper, and sugar, and a tablespoon of thick cream. Beat, and cook until thick. Pile on a hot dish or force through a pastry-bag and rose tube to form a border for cooked meat, fish, stew, etc.

CARROTS À LA POULETTE:

Boil some young, red carrots until tender, as directed above. Drain, and turn into a hot Poulette Sauce, in which sauce omit the lemon juice.

GLAZED CARROTS:

Wash and scrape some young, red French carrots of uniform size. Trim them evenly, pear-shaped. Turn into rapidly boiling water to cover. Add $\frac{1}{2}$ teaspoon of salt and boil 30 minutes. Drain well, then cook in a little melted butter for a few minutes, sprinkling over a teaspoon of sugar. Add $\frac{2}{3}$ cup of hot Consommé. Place in a rather hot, moderate oven, and bake until tender and nicely glazed, basting with the liquor in the pan. When done the liquid should be reduced to a glaze.

VEGETABLES MACEDOINE:

Cut pared carrots and turnips into dice $\frac{1}{5}$ inch thick, or, using a very small potato scoop cutter, shape like small olives. Take the same quantity of string beans, with strings removed, and cut into lozenges $\frac{1}{3}$ inch in length. Soak awhile, in separate bowls, some flageolet beans, green peas, small flowers of cauliflower, etc., in enough cold water to cover all, drain, and boil separately until tender, then drain again. Turn these vege-

tables into melted butter over the fire, tossing or carefully stirring, without breaking their shape, to mix them, while sprinkling over a few grains of salt and a dash of white pepper. When re-heated and butter absorbed, serve.

These vegetables are occasionally mixed cold, then re-heated in Consommé or stew as a garnishing. Often they are utilized as a salad, arranged in separate piles, strips, or fan shaped, alternating the vegetables as to color, in a nest of lettuce leaves.

MASHED TURNIPS:

Peel turnips, drop into cold water to cover, and let stand until needed. Drain. Turn into rapidly boiling water to cover, bring quickly to a boil, add a teaspoon of salt, and boil until tender. Drain well. Crush each turnip by pressing with a wooden masher, letting the liquor run out. Wipe the bottom of the collander free of moisture, then place collander over a saucepan and rub the turnips through. Set over the fire, and beat in a few bits of butter, a few grains of Cayenne, salt as needed, and 3 tablespoons of cream. Beat until smooth. Serve hot.

TURNIPS IN CREAM:

Peel some young turnips of even size. Boil as directed above until tender, and drain. Turn them into a White or Cream Sauce.

GLAZED TURNIPS:

Peel some young turnips of even size. Parboil for 10 minutes and drain. Melt 3 tablespoons of butter in a saucepan, add the turnips and cook 5 minutes, and, while tossing them, sprinkle over a teaspoon of sugar and a dash of salt. Add $2\frac{3}{4}$ cup of hot Consommé and bake until tender, keeping the turnips separate from each other, and basting occasionally with the liquor in the pan. When done they should be evenly glazed and the liquor reduced to a glaze. Arrange the turnips on a hot dish. To the glaze in pan add $\frac{1}{5}$ cup remnant gravy of roast beef or veal, and, while stirring, bring it to a boil, then pour it onto the turnips.

Recipes for Beans

PREPARATION OF STRING BEANS FOR COOKING:

Wash some string beans and drain. Break a piece off the pointed end, peeling off at the same time the string along the edge, and repeat the operation, starting from other end and side. Cut in halves lengthwise, then in halves crosswise, or, cut them in pieces $\frac{1}{2}$ inch long. Soak the beans for 1 hour in enough cold water to cover. When using canned string beans, drain from can and rinse in cold water to cover. Drain thoroughly.

BOILED STRING BEANS:

Wash and prepare string beans as above. Soak and drain. Turn into rapidly boiling water to cover and bring quickly to a boil. Add a teaspoon of salt and boil constantly, uncovered, until tender, the time varying from 25 to 45 minutes, according to freshness and quality. Drain well and pile on a hot dish. Dot top with a few bits of butter. Excepting when the beans are to be served with a sauce, it will improve their flavor to add a little lemon juice when boiling.

STRING BEANS IN CREAM:

Drain some boiled beans cooked until soft as above. Turn into a White or Cream Sauce. Shake pan to mix.

STRING BEANS SAUTED:

Boil string beans until tender as above. Drain thoroughly. Turn into a saucepan, set over a moderate fire, in three tablespoons melted butter. Cook and toss until all the butter is absorbed, sprinkling over a dash of salt and pepper. Pile on a hot dish. Sprinkle over some chopped parsley and a few drops of lemon juice.

STRING BEANS IN BROWN SAUCE:

Boil string beans as above and drain thoroughly. Turn into a Brown Sauce in which a few bits of butter have been stirred.

STRING BEANS SPANISH:

Cut a peeled onion in four and thinly slice cross-wise. Turn into 3 tablespoons of melted butter in a saucepan, over a slow, moderate fire. Cook 15 minutes or till slightly amber-colored, adding a green pepper, thinly sliced and seeds removed. Then add 1 pound of fresh prepared string beans, stirring; cook a few minutes, then add a pint can of tomatoes, heated. Bring to a boil, add a teaspoon of salt, and cook, slowly simmering, until the beans are tender.

STRING BEANS MEXICAN:

Proceed as directed in "String Beans Spanish," adding a teaspoon of Chili powder.

STRING BEANS À LA POULETTE:

Boil the string beans until tender, as directed above, drain thoroughly, and turn into a Poulette Sauce.

PREPARATION OF FRESH SHELL BEANS:

Remove the beans from the pods and drop into cold water to cover. Wash, remove imperfect beans, drain, then let stand immersed in cold water to cover for at least 30 minutes. Drain.

BOILED FRESH SHELL BEANS, Different Ways to Serve:

Shell the beans as above, then turn them into rapidly boiling water to cover, and bring quickly to a boil. Boil constantly, uncovered, until tender, adding to 1 pound of beans $\frac{2}{3}$ teaspoon of salt, when the water is level with the beans; there should be very little water left in pot when the beans are soft. Sprinkle over a dash of white pepper.

Shelled beans cooked in this manner can be finished and served as directed at any of the string bean recipes.

Recipes for Asparagus

BOILED ASPARAGUS:

Scrape the asparagus neatly and thinly. Turn gently into cold water to cover. Carefully wash, rinse, and drain. Arrange in uniform size bunches with the tips even. Tie them, solidly packed, with a string, then cut large ends crosswise. Turn into cold water to cover and let them soak at least 30 minutes, and drain. Then arrange the asparagus bunch straight up in rapidly boiling water, over a brisk fire, in such a way that the tip ends are just out of the water. Bring quickly to a boil again, add a teaspoon of salt, and cook 10 minutes; then immerse the asparagus completely and cook until tender, 15 to 20 minutes; the tips cook quicker than the upper palatable part of the stems. Drain thoroughly, remove string, and serve hot with melted butter.

BOILED ASPARAGUS TIPS:

Scrape the asparagus, cut large ends crosswise about 3 inches from tips. Tie the tips with string, in bunches as above, and let soak 30 minutes. Drain. Cook in rapidly boiling water to just cover, until tender, about 15 minutes. Add a teaspoon of salt. Serve with melted butter or with an Egg Sauce, II.

ASPARAGUS, SUPRÊME SAUCE:

Arrange Boiled Asparagus Tips, prepared as above, on some French Croutons, and mask them with a Suprême Sauce.

ASPARAGUS TIPS, HOLLANDAISE SAUCE:

Arrange Boiled Asparagus Tips on a hot serving dish, and mask them with a Hollandaise Sauce.

ASPARAGUS TIPS, EGG SAUCE:

Drain thoroughly some Boiled Asparagus Tips, prepared as above. Arrange on French Croutons, and mask tip ends with an Egg Sauce, II.

ASPARAGUS TIPS À LA POMPADOUR:

Blanch asparagus tips as directed at "Boiled Asparagus Tips," using boiling Chicken Stock instead of water. When done, drain and remove string and reserve the tips hot, covered with a cloth. Reduce the liquor to $\frac{2}{3}$ of a cup. Beat in a small saucepan three egg-yolks while adding the reduced liquor. Set pan in another pan holding hot water and add a few grains of Cayenne. Cook and stir with a wooden spoon until thickened, and just before serving beat in a few bits of butter. Pour the sauce over the tips, arranged on French Croutons on a hot serving dish.

ASPARAGUS IN CROUSTADE:

Cut a pound of asparagus tips into dice. Wash and rinse. Cook the asparagus and make sauce as in preceding recipe. To serve, arrange the drained tips in a Bread Croustade and mask the tips with the sauce above or with an Egg Sauce, II.

DICED ASPARAGUS À LA FRANÇAISE:

Scrape $1\frac{1}{2}$ pounds of asparagus. Wash and soak 2 hours in cold water to cover. Cut tip ends and tender parts of stalks into dice and reserve them. Cut the remaining palatable part of each stalk into dice and turn first into rapidly boiling water to cover, over a brisk fire, adding a slice of lemon, boil 8 minutes, then add remainder of reserved diced tender asparagus tips. Boil 14 minutes, adding a teaspoon of salt. Thoroughly drain. Turn the asparagus into a tablespoon of melted butter in a saucepan placed in hot water. Toss the asparagus in pan, then add a few grains of salt and a dash of white pepper, and pour over the whole an Egg Sauce, II. Shake pan to mix.

ASPARAGUS AU GRATIN:

Arrange, in a buttered glass oven gratin dish, a cold layer of boiled asparagus tips. Sprinkle over a little mixed grated Parmesan and Gruyère cheese. Repeat layers of asparagus and cheese until the dish is nearly

filled. Pour over a White or Cream Sauce to barely cover. Sprinkle over top some grated cheese and buttered crumbs. Ten minutes before serving, set in a moderately hot oven and bake until delicately amber colored.

ASPARAGUS TIMBALE, I:

Butter thoroughly a quart cylindrical mold and set at bottom a round buttered paper. Scrape about 3 pounds of asparagus. Cut the nicest, uniform-sized asparagus into a length that will suit height of mold. Boil until nearly tender, or about 16 minutes, in salted boiling water, with a teaspoon of lemon juice added. Drain and reserve to cool. In the same water, boil for 12 or 13 minutes all the remaining asparagus tips cut into dice, and drain; there should be about 1 large cupful of tips. Re-heat the liquor, add the remaining uncooked asparagus stalks cut into pieces, and boil 25 minutes. Drain through a purée strainer. Discard the liquor, rub the stalks through purée strainer into a saucepan, and cook over a slow fire until the moisture has evaporated.

Make a White Sauce as usual, with 3 tablespoons of butter and 3 tablespoons of flour, a dash of Cayenne, 1 cup of rich milk or part cream, and 1 teaspoon of salt. Add the asparagus purée and allow it to cool. While beating in a bowl 2 egg-yolks and 2 whole eggs, add a little cooled sauce mixture; continue to beat while combining the two mixtures. Gently mix in the reserved tips. Line the mold with the reserved asparagus, to fit the mold's height. Carefully turn into the sauce the asparagus tips mixture. Set the mold in nearly-boiling water, within an inch of top, in another pan, and cover with oiled paper. Poach in a slow, moderate oven 1 hour, or until top-center is firm. Unmold on a hot dish, and serve with a Cream Sauce or with a Hollandaise Sauce.

ASPARAGUS TIMBALE, II:

Same as in preceding article, only substitute, in place of the White Sauce, $1\frac{1}{2}$ cups of bread crumbs moistened with a cup of scalded milk. Let stand 10

minutes, then, while beating it, add 1 tablespoon of melted butter, a dash of Cayenne, a teaspoon of salt, 2 egg-yolks and 2 whole eggs, the asparagus purée, and gently stir in the asparagus tips. Fill center of mould with the above mixture, and finish as in the previous recipe.

ASPARAGUS TIPS, ARTICHOKE BOTTOMS, AND CAULIFLOWER:

Proceed as directed at "Artichoke Bottoms, Cauliflower, and String Beans," substituting for the string beans some blanched asparagus tips.

Recipes for Cauliflower

Always select white, heavy, solid cauliflower with fresh crisp stalks and leaves. Refuse light heads with stained and black spots or with wilted leaves. Neatly cut off stalks close to body and evenly with the floweret, and soak at least 30 minutes upside down in plenty of cold water, adding a tablespoon of strong vinegar or salt to remove insects. Long-picked cauliflower should soak at least 3 hours.

Choice young cauliflower are occasionally cooked 10 minutes, but usually it requires from 15 to 20 minutes, occasionally 25 minutes, to blanch the cauliflower until tender, when a floweret of the cooking cauliflower will yield to the pressing finger. Take care not to overcook a cauliflower. It should never be cooked until it falls apart. As soon as it is tender but still a little crisp, using a large skimmer lift the cauliflower carefully from the water and allow it to drain 2 minutes before serving.

BOILED CAULIFLOWER:

Place a kettle about three-fourths full of water over a brisk fire. When rapidly boiling add the cauliflower, bring quickly to a boil again, add a teaspoon of salt, set over it a strainer to keep it immersed, and cook, constantly boiling, until tender. Drain thoroughly. Pour over it some melted butter, and serve hot on a hot serving dish.

To lessen the strong odor of the vegetable, to which many people object, add, while boiling, a stale crust of white bread.

Excepting when the cauliflower is to be served with a White or Cream Sauce, or to make soups, a little lemon juice should be added while boiling.

CAULIFLOWER, HOLLANDAISE SAUCE:

Drain a cauliflower boiled as above, and add a teaspoon of lemon juice. Serve on a hot dish, and with it send in a boat a Hollandaise Sauce.

CAULIFLOWER IN CREAM:

Serve hot a boiled cauliflower as prepared above, and pour over it a hot White or Cream Sauce.

CAULIFLOWER MAÎTRE D'HOTEL:

Carefully spread upon a head of boiled cauliflower served hot a Maître d'Hotel Butter. Let stand one minute, or till the butter is melted, before serving.

CAULIFLOWER SAUTED (with Left-Over):

Neatly separate the flowerets of left-over cauliflower. Melt 3 tablespoons of butter in a saucepan over a moderate fire. Turn the cauliflower in carefully, then, tossing or gently stirring without breaking shape of vegetable, cook until the butter is all absorbed and the cauliflower thoroughly heated. Sprinkle over a little salt and white pepper. Turn onto a hot serving dish, and sprinkle over some chopped parsley and a few drops of lemon juice.

CAULIFLOWER AU GRATIN:

Boil a cauliflower as directed above and drain. Separate the flowerets. Butter a glass oven gratin dish, and pour in a cold White Sauce to cover bottom, sprinkle over some grated cheese, and arrange the cauliflower flowerets over the cheese to fill dish. Pour over enough more White Sauce to bring it a quarter way to top of dish, barely

covering the cauliflower. Sprinkle over some grated cheese and buttered crumbs. Bake in moderate oven, about 12 minutes to a delicate amber-color; it should not bubble. Serve on same dish.

CAULIFLOWER FRITTERS:

Cut flowerets of good equal size, from a boiled cauliflower. Dip these in a Batter I or Batter II and fry in hot, deep fat to a nice, crisp, golden color. Serve hot with a Hollandaise or Cream Sauce.

CAULIFLOWER TIMBALE:

- $\frac{3}{4}$ cup scalded rich milk
- $\frac{3}{4}$ cup sifted fine white bread crumbs
- 1 boiled cauliflower drained and rubbed through purée strainer
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper or a small dash of Cayenne
- 2 or 3 tablespoons melted butter.
- 2 or 3 yolks of eggs slightly beaten.
- 2 or 3 whites of eggs beaten to a stiff, dry froth

Turn milk over crumbs. Cook and stir to a paste. Remove from the fire. Continue stirring, while adding, gradually, first the cauliflower purée, then the yolks of eggs; if there is more than $1\frac{1}{3}$ cups of purée, use 3 eggs. Add butter, beat well, let cool, then fold in the egg whites. Carefully butter a selected flat plain mold. Arrange the mixture in the mold, filling it; straighten surface, place in a pan holding boiling water to three-fourths of the mold's height, cover with greased paper, and poach in a slow moderate oven until top center resists the pressing finger. Serve with Hollandaise or Hollandaise-Muslin Sauce.

If the purée is too liquid add the eggs slightly beaten without separating the yolks from the whites.

Recipes for Artichokes

How to Prepare Artichokes for Cooking and How to Serve

With a sharp knife cut stems close to sepals, except when the artichokes are young and tender, you may leave a small part on stems. Pull off all coarse or

decayed sepals, then cut top straight across, thus leaving an opening; if necessary, with sharp scissors cut off the ends of any inner sepals. Rub each artichoke with a lemon slice to prevent discoloration.

Wash, rinse, and soak at least 1 hour. The purple center flowerets or chokes are removed after they have been blanched. To remove these pull back the sepals and with a spoon neatly remove the chokes, replacing the sepals in center. Blanched artichokes are always drained upside-down. When the artichokes are served whole, they are arranged on a napkin, the sauce being served separately in a small dish.

It improves the artichoke's flavor to add when boiling a slice of lemon freed of seeds, or its juice. Lacking lemon, add a little vinegar.

ARTICHOKE BOTTOMS AND HEARTS, Served as Entrée Course:

Cut stem close to bottom. Pull back and remove outside decayed sepals, then, using a sharp knife, cut the artichokes across from 1 to 1½ inches, according to kind, and depending on the tenderness of thickest part of petal nearest to bottom, which includes the edible part of bottom. Then, using a spoon, neatly remove the center choke. To obtain a clean cup, at once rub artichoke with a slice of lemon and immerse in cold water to prevent discoloration. Soak 30 minutes. Hearts of artichokes are simply artichoke bottoms quartered or cut in four.

The best of the removed sepals of artichokes are often boiled with the bottoms until tender, and utilized as garnishing.

BOILED ARTICHOKEs:

Prepare, soak, and drain artichokes upside down as directed above. Turn into rapidly boiling water, enough to cover, bringing quickly to a boil, and adding 1 teaspoon of salt, a few slices of lemon freed of seeds or a tablespoon of vinegar, and boil constantly until tender, from 25 to 45 minutes according to quality and freshness

of artichoke. Drain upside down. They are done when they are easily pierced with a carving fork or when the sepals are easily removed. Serve hot with any one of the following hot sauces: Hollandaise, Muslin-Hollandaise, White, Cream, Butter Sauce II, Hot Mayonnaise or Tartar, etc. Cold, serve with Mayonnaise or Tartar Sauce, or with a Mustard French Dressing, etc.

ARTICHOKE BOTTOMS AND CAULIFLOWER AU GRATIN:

Take some boiled artichoke bottoms, one for each service, and drain upside down. Arrange in center cavity of each bottom some cauliflower flowerets, separated from the boiled article. Sprinkle over some grated cheese. Add to each bottom $1\frac{1}{2}$ tablespoons of White or Cream Sauce, sprinkle over a little grated cheese and buttered crumbs, arrange in a buttered glass oven gratin dish, add 2 tablespoons of White Stock, and bake until delicately amber-colored.

ARTICHOKE BOTTOMS, CAULIFLOWER, AND STRING BEANS:

Blanch a small cauliflower until tender, but still a little crisp, and drain. Blanch $\frac{2}{3}$ pound of green string beans, cut into lozenges, until tender, and drain. Neatly prepare 6 artichoke bottoms and blanch till tender in acidulated salted boiling water. Drain upside down. Simmer the artichokes 8 minutes in a little melted butter over a slow fire till the butter is all absorbed. Blanch the best, tenderest and thickest sepals till tender as directed above. Reserve hot. Put one artichoke on center of an individual dish. Garnish each cavity in center of bottom with cauliflower flowerets. Arrange the string beans around the artichoke and around the dish arrange the artichoke sepals in a nest shape. Mask the vegetables with a Muslin Sauce. Serve at once, having everything nicely hot.

HEARTS OF ARTICHOKE À LA FRANÇAISE:

Prepare a dozen artichoke bottoms as above and cut each one into quarters, rub with a lemon slice and reserve

in acidulated water until needed. Drain, turn into rapidly boiling water in an agate-ware kettle over a brisk fire, and bring quickly to a boil, adding a teaspoon of salt, and a slice of lemon with seeds removed, or a teaspoon of vinegar. Boil until nicely tender, then drain thoroughly upside down. Melt, in an agate-ware saucepan, 2 or 3 tablespoons of butter over a slow, moderate fire. Gently turn in the artichokes and sprinkle over a little salt and black pepper, and a few drops of lemon juice. Cook slowly, tossing the artichokes till all the butter is absorbed. Pile on a hot dish, and pour over an Egg Sauce II, or sprinkle with chopped parsley.

METHODS OF SERVING ARTICHOKE BOTTOMS:

Boil some artichoke bottoms as directed in preceding recipe. Thoroughly drain, and simmer in a little melted butter. Arrange each artichoke over a circular French Crouton of size adapted to size of bottom. Arrange in center cavity 2 tablespoons of Asparagus Tips à la Française, or, as preferred, arrange in some blanched flowerets of cauliflower or some blanched string beans cut into lozenges.

Another method of serving is with Macedoine Vegetables (see recipe), pouring over a Hollandaise or a Muslin Sauce: or, again, the artichoke bottoms may simply be served with any one of the following sauces: Hollandaise, Hot Tartar, or Muslin.

ARTICHOKES À LA BARIGOULE:

Prepare the artichokes, soak, drain, and parboil for 20 minutes, as directed in "Boiled Artichokes." Drain upside down. Pull back the sepals and scoop out the choke. Fill center with the stuffing below. Place over top a thin slice of bacon or salt pork, just covering top, shape firmly and tie with twine.

Stuffing: Pour $\frac{1}{2}$ cup boiling Chicken or White Stock over $1\frac{1}{2}$ cups of bread crumbs. Let stand 5 minutes, and, while stirring, add $\frac{1}{3}$ teaspoon of black pepper, $\frac{1}{2}$ teaspoon of salt, and 1 teaspoon of onion juice. Add,

thinly chopped, 1 tablespoon of parsley, 1 teaspoon of chive, a dash of thyme, 4 canned mushrooms, and $\frac{1}{4}$ cup grated lard pork. Chop three shallots fine, and simmer 5 minutes over a slow fire in 2 tablespoons of melted butter. Add to the above mixture, and, while stirring, cook for 5 minutes, then let cool. Arrange the artichokes in a pan, add 1 cup Half-Glaze or Consommé, and bake about 30 minutes, basting every 8 minutes with liquor in pan. Drain, arrange the artichokes on a hot dish, strain and skim liquor, and pour the sauce around the artichokes or serve with a thick Brown Sauce added to the cooked artichoke liquor.

ARTICHOKE PURÉE:

Press the liquor out of some Boiled Artichokes. Rub through a fine sieve into a saucepan, place over fire, and cook and stir to dry out. Add 2 tablespoons of White Sauce and cook constantly until thick, adding a little green coloring. Then stir in a few bits of butter, a few grains of Cayenne, and salt as needed.

ARTICHOKE RING:

To 1 pint of Artichoke Purée, prepared as above, add 2 slightly-beaten eggs. Poach as usual in buttered mold until firm.

ARTICHOKE BOTTOMS STUFFED WITH MUSHROOM PURÉE:

Utilized for garnishing roasted, broiled, or braised meats.

Prepare as many artichoke bottoms as you have service. Blanch till tender, as directed above. Drain. Simmer in a little melted butter over a slow fire until all the butter is absorbed, turning over as needed. Fill with a "Mushroom Purée" (see recipe).

Recipes for Cabbage

Always select heavy cabbage, firm to the pressing finger. Remove outside leaves. Cut into quarters and neatly cut off tough cores. Wash and soak in plenty of

cold water at least 30 minutes, adding a tablespoon of strong vinegar or salt to remove insects. Rinse and drain upside down.

BOILED CABBAGE:

Prepare and soak cabbage, and drain. Turn into rapidly boiling water to cover, bringing it quickly to a boil. Add a teaspoon of salt and cook, uncovered and constantly boiling, till tender, the time varying from 40 to 55 minutes, according to season, freshness, and variety. Drain and serve at once, sprinkling over a little salt, white pepper and a few bits of butter.

To remove the disagreeable odor, enclose a stale crust of white bread in a cheese-cloth and add it to the boiling mixture; or add soda the size of a very small pea; or add both.

CABBAGE IN CREAM:

Parboil a cabbage 25 minutes as directed above, and drain. Press out some of the liquor without breaking shape of the cabbage, and cut into coarse pieces. Melt 3 tablespoons butter in a saucepan over the fire, and blend in 3 tablespoons of flour with a few grains of Cayenne, and then, constantly beating, add $\frac{2}{3}$ cup of scalded milk. Beat till smooth and boiling, add $\frac{1}{2}$ teaspoon of salt, and put in the cabbage; while shaking pan, bring quickly to a boil. Remove pan to a slow fire and simmer till cabbage is tender. The liquor should bring the sauce to the right consistency, but if not, add a little scalded milk.

Another method is to boil the cabbage until tender, drain, thoroughly squeeze out the liquor, cut into pieces, simmer in a little melted butter until the butter is all absorbed, and add to a White Sauce.

BRAISED CABBAGE:

Cut a cabbage into quarters, take out core, wash and soak. Parboil for 15 minutes as directed at "Boiled Cabbage," and drain. Carefully remove tough parts and press out most of the liquor. Sauté a few minutes in 2 or 3 tablespoons of savory dripping, 1 or 2 carrots and

2 onions, rather thickly sliced, over a moderate fire in a braising pot. Arrange the cabbage over the vegetables; dredge over a little black pepper and salt, and add hot White Stock to barely cover. Set a greased paper over pot, and bake in a slow oven 2 or 3 hours. Drain carefully.

STUFFED CABBAGE, I:

Select a heavy, perfect cabbage. Cut in two, lengthwise, remove tough outside leaves and center core, wash, soak, and drain, and parboil 15 minutes as above. Drain, upside down. Fill each cavity made by the removed core with "Stuffing for Cabbage," either I or II (see recipe, following). Then place the two halves together, shaping the cabbage as before, and firmly tie with twine. Put in a close-fitting kettle, over a bed of salt pork trimmings and a sliced onion and carrot. Add boiling White Stock to cover, and 2 cloves. Cover with a greased paper and bake in slow oven until tender. Thoroughly drain. Reduce liquor to 1 cup, skimming off the fat on top, and thicken with a Brown Roux. Dress the cabbage, freed of twine, on a hot serving-dish and pour the sauce over it.

STUFFING FOR CABBAGE, I:

| | |
|---|-------------------------------------|
| 1 pint crumbs | 1 tablespoon parsley, chopped |
| $\frac{1}{3}$ cup scalded milk or White Stock | 1 teaspoon chive, chopped |
| 2 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 1 tender onion, chopped fine | $\frac{1}{3}$ teaspoon black pepper |
| 4 canned mushrooms, chopped | 2 egg-yolks or 1 whole egg |

Turn milk over crumbs and let stand 10 minutes. Melt butter over slow fire, add onion, simmer 10 minutes, and, while stirring, add crumbs and remainder of ingredients.

STUFFING FOR CABBAGE, II:

| | |
|----------------------------------|-------------------------------------|
| 1 cup bread crumbs | 1 egg-yolk and 1 whole egg |
| 3 tablespoons White Stock | $\frac{2}{3}$ teaspoon salt |
| $\frac{2}{3}$ pound sausage meat | $\frac{1}{4}$ teaspoon black pepper |
| 1 tablespoon onion juice | A dash of thyme |
| 1 tablespoon chopped parsley | A dash of sage |

Mix in given order of ingredients.

STUFFED CABBAGE, II:

Select a nice head of cabbage, remove outside tough leaves, and, with a sharp pointed knife, remove tough center core. Soak and boil as above, 40 minutes, and drain. The cabbage should be rather underdone or a little crisply tender. Select 6 of the largest leaves, spread these over a board, and arrange over each leaf the remainder of the cabbage, dividing the best part only between the 6 leaves. Place over the center of each a large heaping tablespoon of "Stuffing for Cabbage," either I or II, as directed above. Neatly envelop the stuffing with the leaves, gently pressing them between the hands into a nice, firm shape. Arrange in a buttered pan, put over the top of each a bit of butter, add to contents of pan 1 cup of hot White Stock, cover with greased paper, and bake in moderate oven 30 minutes. Baste occasionally with liquor in pan.

CABBAGE TIMBALE:

Butter 6 individual timbale molds. Cover bottom of each with a buttered sheet of paper cut to fit. Arrange at bottom a layer of "Stuffing for Cabbage, I." Place over it a layer of the tender leaves of a well-cooked cabbage, tough parts removed, and repeat alternately layers of stuffing and of cabbage. Put on top of each layer a bit of butter. Arrange in shallow dish with nearly-boiling water, to three-fourths of mold's height. Cover with greased paper, and poach 40 minutes in slow moderate oven. Serve unmolded with a White, Cream, or Brown Sauce.

LEFT-OVER CABBAGE:

Remnant cabbage may be used to make timbale as above, or it may be heated in a White or Cream Sauce. Or the cabbage can be sauted in melted butter or good savory dripping until slightly amber-colored on both sides, seasoning to the taste with a little salt and white pepper.

CABBAGE AU GRATIN WITH LEFT-OVER:

Butter a glass oven gratin dish. Pour in a little White Sauce, then spread in some left-over cabbage. Sprinkle with a little grated cheese. Repeat with sauce, leaves, and cheese until the dish is nearly filled; then sprinkle over grated cheese and buttered crumbs. Bake to a delicate golden color.

Or, fill gratin dish alternately with layers of Cabbage Stuffing I and the remnant cabbage leaves. Sprinkle these layers with grated cheese, finish by sprinkling over buttered crumbs, and bake.

COLD SLAW, I:

Remove outside tough leaves of a small heavy head of cabbage. Cut in four quarters, and, using a sharp French knife, slice very thin, discarding tough core. Soak in plenty of cold water 30 minutes. Drain, and dry between towels. Place in a bowl and pour over the following hot mixture; then stir, and set aside to cool.

In an agate-ware saucepan put 3 tablespoons of vinegar, an ounce of butter, 1 egg, 1 teaspoon of dry mustard, 1 tablespoon of sugar, $\frac{1}{2}$ teaspoon of salt and a few grains of Cayenne. Set over a slow fire or in the double boiler, and, beating it constantly with a small wire beater, add slowly $\frac{4}{5}$ cup of partly cooled scalded milk; cook and beat until it masks the spoon.

PURPLE CABBAGE WITH APPLES:

Remove outside leaves of cabbage, divide into quarters, cut off tough stalk and core, and slice across very thinly. Soak 30 minutes, drain, and wipe between towels. Melt in a saucepan $1\frac{1}{3}$ ounces of butter or savory dripping. Add the cabbage and cook, stirring occasionally until it has softened a little. Sprinkle over $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{3}$ teaspoon of black pepper, then add 2 cups of hot water or White Stock. Bring quickly to a boil, adding 2 cloves inserted into a small onion, this to be removed when done. Cover and cook over a slow fire until tender. Thirty minutes before done, add 2 or 3 peeled apples divided into 6 parts, core removed, and 1

teaspoon each of sugar and vinegar. To avoid scorching of apples, press each piece of apple in the cabbage and cook these without stirring until soft.

SAUERKRAUT WITH POTATOES:

Press out the liquor of a pound of sauerkraut. Add boiling water to just cover. Add a little goose fat or some good sausage dripping. Bring to a boil and simmer, covered, until soft, or about 2 hours. Parboil 2 or 3 potatoes, cut into pieces, for 10 minutes, drain, and add them to the sauerkraut 20 minutes before done. The sauerkraut may be served with steamed frankfurters.

Recipes for Brussels Sprouts

Select fresh gathered, small, heavy, firm, green brussels sprouts. Cut off stems and remove outside tough leaves. Wash, rinse, and soak one hour in plenty of cold water, adding a tablespoon of salt or vinegar to remove insects. Thoroughly drain.

BOILED BRUSSELS SPROUTS:

Prepare, soak, and drain brussels sprouts as above. Turn into rapidly boiling water to thoroughly cover. Bring quickly to a boil. Add a slice of lemon and 1 teaspoon of salt, set a strainer on top to keep the article immersed, and cook, constantly boiling, until the stalks are soft. Thoroughly drain. To lessen the disagreeable odor, add a stale crust of white bread or a small dash of soda.

METHODS OF SERVING BOILED BRUSSELS SPROUTS:

Brussels sprouts boiled as above may be served in a White or Cream Sauce, or in an Espagnole or Brown Sauce. Occasionally they are served with a Bechamel Sauce.

BRUSSELS SPROUTS SAUTED:

Drain some brussels sprouts boiled as above. For each pound of sprouts melt 1 ounce of butter over a

moderate fire. Turn in the sprouts, and sprinkle over a little salt and a dash of black pepper. Gently toss and cook till all the butter is absorbed, sprinkling over a few drops of lemon juice.

BRUSSELS SPROUTS LEMON AND ORANGE SAUCE:

Boil 2 pounds brussels sprouts as above till very tender. Drain thoroughly and arrange in some Bread Croustade or French Croutons. Spread over the following sauce:

Rub until creamy $\frac{1}{3}$ cup of best butter. Put into a small agate-ware saucepan, over the fire, $1\frac{1}{2}$ tablespoons of water and as much lemon juice. Add a little mixed grated lemon and orange rind, $\frac{1}{5}$ teaspoon of salt, and a dash of Paprika. Reduce to one-half, remove, and let cool. Add 3 egg-yolks and a few bits of butter. Set the saucepan over a slow fire and at once stir or beat for about a minute. Continue to beat while adding slowly bit by bit the remaining butter; beat until thick. Continue to beat while adding slowly about 2 tablespoons of strained orange juice.

Recipes for Celery

Select bleached white celery with thick, heavy stalks. Use tough parts in stocks or reserve them to make kitchen bouquet to flavor soup, stew, sauces, etc. Before cooking remove all fibrous substance of stalks and soak in plenty of water 30 minutes to an hour. To prepare the celery for the table, cut off the roots and leaves, square the stalks, wash and scrape; gash the ends of the stalks so they curl and allow these to stand 1 hour in iced water, enough to cover, then add a slice of lemon.

BRAISED CELERY:

Take 6 heads of heavy, tender, bleached celery. Remove tough, outside stalks. Neatly peel the roots. Cut the celery to 6 or 7 inches long, including roots. Scrape stalks, cut in two lengthwise, and soak 1 hour, then wash carefully and rinse several times to remove earth. Tie

with twine the two halved sections of each head, in its former shape. Parboil for 10 minutes in rapidly boiling water, enough to cover. Drain thoroughly. Arrange in a shallow pan over a bed consisting of a slice or skin of ham, bacon, or salt pork, sliced carrots, and onions. Add boiling White Stock to barely cover, place over a greased paper, and bake in a slow oven until tender. Drain, and reserve the celery hot, covered. Free the liquor of fat, reduce it to $\frac{1}{3}$ cup, arrange celery, twine removed, on a hot dish, and pour sauce over it.

Sauce. Add the reduced liquor to $1\frac{1}{4}$ cups of Brown sauce, simmer for 10 minutes and skim. Strain over celery. Add more Brown Sauce if the celery is to be served with marrow. (See, "Celery with Marrow.")

CELERY AU GRATIN WITH LEFT-OVER CELERY:

Arrange in a buttered gratin dish some left-over celery, and sprinkle with grated cheese. Repeat layers of cooked celery and cheese till the dish is nearly filled. Pour in a White or Cream Sauce to barely cover. Sprinkle over top grated cheese and buttered crumbs, and bake to a delicate golden color.

CELERY WITH MARROW, I:

Cook some celery heads as directed at "Braised Celery" and serve in the same manner. Garnish the dish with "Marrow Croustade."

CELERY WITH MARROW, II:

Soak 3 ounces of leg beef marrow 50 minutes in luke-warm water, to remove blood and drain. Cook 4 heads of celery as directed at "Braised Celery." When done drain and remove twine. With the strained liquor freed of fat and additional Brown Stock, make a scant pint of Brown Sauce. Return the celery to the shallow pan, arrange the beef marrow over it; cut into slices $\frac{1}{2}$ inch thick, one for each service. Pour over the sauce and simmer for 12 minutes in the oven.

CELERY STUFFED:

Cut, from large ends of large celery stalks, pieces about 3 inches in length, and scrape off fibrous thread. Pack the stalks solidly together and tie firmly with twine. Boil in stock or in rapidly boiling salted water until nearly tender, then drain and remove twine. Fill each stalk cavity with Cabbage Stuffing I. Carefully press into shape, sprinkle over some buttered crumbs, and arrange in a buttered pudding dish. Add $\frac{1}{5}$ cup of White Stock, and bake 30 minutes in a moderate oven.

CELERY FRITTERS:

Prepare and cook stalks of celery as directed at "Stuffed Celery." Drain. Dip in a Batter I or II. Fry in deep, hot fat to a nice golden color. Serve with a Tomato or White Sauce.

BOILED CELERY ROOT:

Wash, scrub, and rinse a celery root. Turn into rapidly boiling water to cover and cook till tender, adding a teaspoon of salt. To keep article immersed, put a strainer over top. Drain, then immerse in cold water a few seconds, and drain. Neatly peel the root and cut into quarters lengthwise, then slice crosswise. Re-heat these in any of the following sauces: Mustard, White, or Brown Sauce.

CARDON AU GRATIN:

Scrape leaves from stalk, cut the stalk to 3 inches in length, remove thin ends, wash, and soak 30 minutes; then drain. Turn into rapidly boiling water. When boiling add a teaspoon of salt and cook until nicely tender. Drain. Arrange a layer of cardon in a buttered glass oven gratin dish, sprinkle with grated cheese, then repeat layers of cardon and cheese. Pour over a White or Brown Sauce to barely cover, sprinkle over grated cheese and buttered crumbs, and bake to a delicate amber color.

Recipes for Beets

BOILED BEETS:

Thoroughly wash the beets, cut off the stalks, leaving a short piece of stalk on each root in order that they may retain their color. Put in plenty of boiling water and boil constantly, uncovered, until tender. Drain. Immerse in cold water to cover, and, using hands, remove skins.

Young beets will take an hour to cook, older ones will require from 2 to 4 hours.

PICKLED BEETS:

Put $1\frac{1}{2}$ cups of water in a porcelain-lined saucepan over the fire. Add 1 tablespoon of brown sugar, 3 tablespoons of vinegar, 6 cloves, and 6 pepper-corns. Boil a few minutes and pour over sliced beets, boiled as in preceding recipe, and set aside in a cool place for two days. To prevent spoiling, scald liquor and beets occasionally.

BEETS WITH HORSE-RADISH:

Grate boiled or pickled beets, while cold, then mix with one-fourth as much grated horse-radish. Season as needed with a little sugar and vinegar.

BEETS SAUTED:

Cut some boiled beets into small dice. Simmer in a little melted butter in an agate-ware saucepan over a moderate fire, sprinkle over a little salt and pepper, a little sugar, and a few drops of lemon juice. Toss or stir until thoroughly heated. Pile the beets on a hot serving dish, sprinkle over some chopped parsley, and, if desired, some chopped mint leaves.

Vegetable Soufflé and Rings

VEGETABLE SOUFFLÉ:

Use $1\frac{1}{2}$ to 2 cups of Vegetable Purée, either spinach, cauliflower, green peas, artichokes, asparagus, mushrooms, or onions, etc. If the purée is too thin, put it in a saucepan over the fire, cook and stir until it has become

consistent and the liquid has evaporated, or add enough bread crumbs to render it consistent. With 2 tablespoons of butter and as much flour make a White Roux, adding a small dash of Cayenne. Dilute as usual with 1 cup of rich milk or part thin cream, add $\frac{1}{2}$ teaspoon of salt, and beat until bubbling. Simmer 10 seconds only, add the purée, and let cool. Add and mix in 3 slightly beaten egg-yolks. Thirty-two minutes before serving, fold in 3 or 4 egg-whites beaten to a very stiff firm froth. Turn into a buttered soufflé dish, arrange surface in fancy shape, and bake in moderate oven 30 minutes. Serve at once with Cream Sauce.

To Spinach Soufflé add a dash of nutmeg, and use as a part of the liquid some remnant gravy of roast beef or veal. To Spinach, Cauliflower, Asparagus, and Onion Soufflé add two or three tablespoons grated cheese. To Spinach, Artichoke, Green Peas, or Lettuce Soufflé, add a tablespoon of "Green Coloring" (see recipe).

Vegetable Soufflé should be well seasoned.

VEGETABLE RING:

Boil the selected vegetables until tender. Thoroughly drain, then rub through a purée strainer. Purée of vegetables, such as asparagus, onions, artichokes, etc., that are not consistent should be reduced over a slow fire, stirring often, until thick. To 2 cups of Vegetable Purée add 1 cup of White Sauce or Bechamel. To each $1\frac{1}{2}$ pints of the mixture add 2 whole eggs and 1 egg-yolk, and season to taste with salt and rather highly with a few grains of Cayenne or other pepper; then beat in 2 tablespoons of melted butter. To spinach mixture add a little nutmeg. To Onion, Asparagus, Cauliflower, or Spinach Purée add 2 or 3 tablespoons of grated cheese. To Spinach Purée add a little remnant gravy of roast beef or veal. Occasionally a little sifted bread crumbs moistened with a tablespoon of melted butter are added.

Arrange mixture in buttered ring or buttered mold; place in another pan holding nearly boiling water to three-fourths of mold's height. Cover with a greased paper, and poach in a slow moderate oven until firm on

top center. It is usually served with Cream Sauce or used as a border for cooked meat or fish. Spinach Rings are served with a rich Brown Sauce. Asparagus or Cauliflower Rings are served with a Hollandaise or Muslin Sauce.

Recipes for Spinach

HOW TO BOIL SPINACH:

Pick over the spinach, removing all stale leaves and stalks. Wash thoroughly in three or four baths of cold water, and drain. Spinach shrinks considerably in boiling. About 1 peck is needed to serve a family of six. When this quantity is not available, the cleaned leaves of young vegetables can be added, such as beets, radishes, mustard, or turnips. Spinach is rich in mineral salts, and as some of these salts dissolve in the boiling water, which is thrown away, it is best to add to the thoroughly washed spinach a very little boiling water. Stir until the spinach is thoroughly immersed in liquor and boiling, then add a teaspoon of salt and boil constantly, uncovered, until tender. Drain at once. For tender greens it usually takes 10 or 15 minutes to cook. Older greens are best cooked by using a greater amount of water. For a peck of old spinach leaves or greens put 2 quarts of water in a kettle over a brisk fire. When boiling add the spinach, a dash of soda, and cover to bring quickly to a boil. Remove the lid, add a tablespoon of salt, and boil constantly until tender and drain. Tough greens require 20 to 25 minutes' cooking, or longer.

SPINACH À L'ANGLAISE:

Blanch a peck of spinach as above. Drain thoroughly. Press out the liquid, pile on a hot dish, and, using a carving fork, lift the spinach and sprinkle with a little salt and pepper. Place on top 1 ounce of best butter cut into bits; the heat will melt the butter. Occasionally spinach served in this manner is sprinkled with powdered sugar.

MOULDED SPINACH:

Boil, drain, and season spinach as in preceding recipe. Fill some buttered individual timbale molds with the hot

spinach and set at bottom of each mold a slice of hard-boiled egg. Pack solidly. Invert around a hot serving-dish with broiled or roasted meat in center, or around a cooked pickled tongue, etc.

SPINACH AU VELOUTÉ:

Blanch 1 peck of spinach as above till tender. Drain. Squeeze out the liquor, then chop very fine. To each pint of chopped spinach, melt in a saucepan 1 ounce of butter over a slow fire. Add the spinach, and stir and cook till the butter is absorbed, while seasoning with $\frac{1}{2}$ teaspoon of salt and a dash each of nutmeg and black pepper. Then add 1 cup of hot Velouté Sauce, and mix. If available, add remnant gravy of roast beef or veal.

SPINACH IN CREAM:

Same as preceding recipe, substituting for the Velouté Sauce a cup of hot White or Cream Sauce.

SPINACH CROUTONS AND OTHER VEGETABLE CROUTONS:

Utilized as garnishing for a meat course.

Use remnant Spinach au Velouté or Spinach in Cream done as above. Re-heat this to a bubble. Spread a layer over buttered-toast or French Croutons. Garnish with best slice of hard-boiled egg. Chop the remainder of the boiled eggs and garnish with strips of yolk and white of chopped eggs, and re-heat one minute in the oven. Serve as garnishing to veal chops and lamb chops, roasts of veal and lamb, etc.

Asparagus croutons may be made by re-heating the tips in melted butter, then arrange on French Croutons, garnish with hard-boiled eggs as above, and sprinkle over a few drops of lemon juice. Any purée of vegetables, such as artichokes, cauliflower, green peas, etc., may be re-heated in melted butter, spread over French Croutons, seasoned as needed, garnished with hard-boiled eggs as above, and again re-heated a minute in the oven.

SPINACH AU GRATIN:

Prepare a Spinach in Cream mixture as directed above. Spread a layer in a buttered glass oven gratin dish, and sprinkle over some grated cheese. Repeat layers of spinach mixture and cheese, sprinkle over some buttered crumbs, and bake to a delicate amber color.

Recipes for Onions

To avoid weeping while peeling onions, soak the onions 2 minutes in luke-warm water, and drain. Onions, shallots, garlic, chive, and leek all belong to the same family of vegetables. They are used to flavor mixtures in which they are cooked. Onions and leeks are used also as a vegetable.

BOILED ONIONS IN CREAM:

Peel off the whole thick outer skin. Cook the onions in boiling water 10 minutes, and drain. Turn into rapidly boiling water to more than cover, over a brisk fire. When water boils again, add a teaspoon of salt and cook the onions, uncovered, until soft to the core and shape unbroken. Carefully drain. Let stand awhile in colander on back of range to let the liquor run out. Carefully arrange over a hot dish, and mask each onion with a tablespoon of Cream or White Sauce. Or, sprinkle over the onions a little salt and white pepper and pour over a little warm cream.

ONIONS GLAZED:

Take small, tender onions of an even size, peel, and parboil for from 15 to 20 minutes. Drain, and wipe between towels. Simmer in a little melted clarified butter, sprinkling over a little sugar. When slightly amber-colored, add to the pan $\frac{2}{3}$ cup of hot Consommé. Bake until tender, keeping onions apart, and basting often with liquor in pan. When done they should be nicely glazed and the liquor in pan reduced to a glaze.

ONIONS AU JUS:

Cook as directed at "Onions Glazed." When done remove to hot serving dish. To glaze in pan set over the fire, add a cup of rich Brown Sauce, stir the bottom, bring to a bubble, and strain over onions.

STUFFED ONIONS:

Blanch 6 large, tender, white onions of even size in plenty of salted boiling water until about soft, then drain. Cut from stem ends a rather large slice, remove center meat, and fill cavity with a stuffing as directed in "Cabbage Stuffing I." Or, fill center with a thick Soubise Sauce, or again, fill cavity with a Chicken Stuffing I to which $\frac{1}{2}$ cup of chopped nuts and a little chopped parsley has been added. Dredge over some buttered crumbs, arrange in a shallow pudding pan, add a little White Stock, and bake in a moderate oven 30 minutes. Serve the onions in a White Sauce.

ONIONS SAUTED:

Peel 4 tender, large, white onions, and cut each in four, then thinly slice crosswise. Simmer in a frying pan 15 to 20 minutes over a rather slow fire, in 3 tablespoons of melted butter. Stir occasionally, then remove pan to a moderate fire and, constantly stirring with a wooden spoon, cook till tender and slightly amber-colored, while sprinkling over a little salt and pepper. Drain. Serve with steak.

Recipes for Oyster Plant

Order oyster plants with black skins. Scrape carefully and quickly. Drop these at once into plenty of cold water, adding 2 tablespoons of vinegar to prevent discoloration. Cut them 1 inch in length and of uniform thickness. Keep in acidulated water until needed.

OYSTER PLANT SAUTED:

Prepare and soak 2 cups of oyster plant as above, and drain. Bring to a boil 3 pints of water over a brisk fire. Dilute $\frac{1}{5}$ cup of flour with a little cold water, and,

white beating, pour it into the boiling water. Add a tablespoon of lemon juice or vinegar, and a teaspoon of salt. When boiling, turn in the oyster plant, bring quickly to a boil, and cook till tender. Drain thoroughly. Simmer in 3 tablespoons of melted butter over a slow fire, while tossing the vegetable, until all the butter is absorbed. Dredge with a little salt and pepper. Pile onto a hot dish, and sprinkle over some chopped parsley and a few drops of lemon juice.

OYSTER PLANT IN CREAM:

Boil the oyster plant and drain as directed in preceding recipe. Turn and mix it in a hot White or Cream Sauce.

OYSTER PLANT Á LA POULETTE:

Turn some oyster plant cooked as above, into a Poulette Sauce.

OYSTER PLANT FRITTERS:

Boil until tender some oyster plants as above, only cut them into pieces 3 inches long. Drain. Roll in beaten egg and crumbs and fry in hot, deep fat to a golden color. Drain on brown paper and serve with a hot Hollandaise Sauce. Or, dip them in a Batter I or II and fry as above.

OYSTER PLANT AU GRATIN:

Drain some oyster plants boiled as directed in "Oyster Plant Sauted," arrange in a buttered gratin dish, sprinkle over some grated cheese, and pour a White Sauce over to barely cover. Sprinkle over some grated cheese and buttered crumbs, and bake to a delicate amber color.

OYSTER PLANT CAKES:

Using boiled oyster plant, proceed as directed in "Parsnip Cakes."

Recipes for Parsnips

PARSNIPS SAUTED:

Scrape the parsnips, cut in pieces 1 inch long and of uniform thickness, soak 30 minutes, and drain. Turn into rapidly boiling water and boil until tender, adding a teaspoon of salt. Drain. Simmer in a little melted butter for a few minutes, dredge with a little salt and pepper, and pile on a hot dish, sprinkling with chopped parsley.

PARSNIPS IN CREAM:

Boil the parsnips, prepared as above, until tender. Drain. Turn into a hot White or Cream Sauce.

MASHED PARSNIPS:

Boil as above, say, 1½ pounds of pared parsnips, and drain. Rub through a purée strainer, and while beating add a little salt, a few grains of Cayenne, a little butter, and 3 tablespoons of cream or rich milk. Beat well.

PARSNIP FRITTERS:

Same as recipe for "Oyster Plant Fritters," except use parsnips.

PARSNIP CAKES:

Scrape a bunch of parsnips, cut in pieces, soak 30 minutes, and drain. Boil till tender as above, and drain. Rub through purée strainer. Turn the pulp into 3 tablespoons of melted butter over a slow fire, stir constantly and cook till consistent or dry, then stir into it 1 tablespoon of flour, ½ teaspoon of salt, a small dash of Cayenne, and 1 egg-yolk or 1 whole egg slightly beaten. Cook and stir until thick. Remove and let cool. Toss on a floured board, roll into croquettes or cakes, in flour, beaten egg, and crumbs, and fry in hot, deep fat to a slight golden color.

Recipes for Leek Tips

Leeks served as vegetables are cut from 4 to 6 inches long. Use only the white tip parts. Cut off roots close

to white stalk. Remove tough parts and outside leaves, and cut to 5 inches long. Arrange in bunches of 6, tied with twine. Have the ends even, and select leeks of uniform size and thickness. Wash very carefully, to remove earth. Soak 1 hour and rinse. The best center part of trimmings may be used to make kitchen bouquet to season stock, sauce, etc.

LEEK TIPS, EGG SAUCE:

Prepare, wash, soak, and rinse 18 leek tips of uniform size, as directed above. Turn into rapidly boiling water, bring quickly to a boil, add a teaspoon of salt and a few drops of lemon juice, and boil constantly till tender, or from 25 to 40 minutes. Drain. Simmer a few minutes in a little melted butter. Arrange the tips on buttered toast or croutons, and mask with an Egg Sauce II, or with any one of the Hollandaise or Muslin Sauces.

This dish is best in winter.

Ways to Serve Leek Tips

(1) Proceed with Leek Tips as directed in "Asparagus à la Pompadour."

(2) Proceed with blanched Leek Tips as directed in "Asparagus au Gratin."

Recipes for Chestnuts

CHESTNUTS FOR GARNISHINGS for Roast Chicken or Turkey:

Order large heavy French or Italian Chestnuts. Peel off the outer hard skin. Immerse in boiling water 2 minutes, and drain. Neatly peel off the inner soft skin. Turn into a boiling Consommé or broth to cover, bring quickly to a boil, then remove to a slow fire to simmer till tender. Drain. Arrange the chestnuts on a hot dish, pouring over each one a little Demi-Glaze.

CHESTNUT PURÉE:

Blanch until tender 1 pound of chestnuts as in preceding article. Drain, and rub through a purée strainer in a saucepan. Set over a slow fire. Cook, stirring a few

minutes, while adding a tablespoon of thick cream, a few bits of fine butter, and a dash each of salt and white pepper. Half-Glaze may be used instead of cream. Serve with fillet mignon, lamb chops, etc.

Recipes for Cucumbers

CUCUMBER PURÉE:

Peel 5 cucumbers, cut in four lengthwise, remove the seeds, and soak 30 minutes. Cook in boiling salted water until tender, and drain. Turn onto a cheese-cloth placed over a strainer. Press the liquor out, and discard it. Then rub the cucumbers through a purée strainer into a saucepan. Set over a slow fire, cook and stir until moisture has evaporated, then stir in a rounded tablespoon of flour, kneaded with as much butter, $\frac{1}{2}$ teaspoon of salt, a small dash each of Cayenne and sugar, and while stirring, let bubble 2 minutes. If desired, add a tablespoon of thick cream.

STUFFED CUCUMBERS:

Peel 6 cucumbers of uniform, medium size. Soak 30 minutes. Cook 5 minutes in boiling salt water, and drain. Cut in half lengthwise, remove seeds to make room for stuffing, then fill cavity with stuffing made as directed in "Cabbage Stuffing I." and bake as there directed. Occasionally two halves are placed together, the center filled with stuffing, and the whole tied with twine. When tender, drain. Arrange the cucumbers, freed of twine, over a hot dish, strain the liquor in pan freed of fat, re-heat, and thicken with a little corn-starch diluted in a little cold stock to a creamy consistency. Season as needed. Beat in a few bits of butter. Pour sauce on the cucumbers. If available add a little left-over gravy of roast.

Recipes for Tomatoes

Select firm, sound and ripe tomatoes, but not too ripe. To peel these, immerse them two minutes in boiling water, enough to cover. Drain. Then immerse a few seconds in cold water, and peel off skin.

TOMATOES AU GRATIN:

Select 6 firm, sound, ripe tomatoes, and scald and remove skins as directed above. Cut into quarters lengthwise. Carefully remove the seeds without breaking pulp shape. Drain 30 minutes, upside down, to let liquor run out. Melt in an agate-ware frying-pan 2 tablespoons of butter, adding a tablespoon of oil, over a very hot fire. When hot turn in the tomatoes. Cook 5 minutes, while tossing or shaking pan gently. Turn the tomatoes into a buttered glass oven gratin dish, sprinkle over a little salt and pepper, with a tablespoon parsley, a teaspoon of chive, and a thin slice of garlic, all chopped fine. Then sprinkle over the whole some buttered crumbs, and bake 15 minutes.

TOMATOES SAUTED:

Scald, skin, and cut into quarters 6 sound, firm, ripe tomatoes; drain 30 minutes upside down, and carefully remove, without breaking their shape, most of the seeds. Sauté them as above, in an agate-ware frying-pan, in 2 tablespoons of melted butter and a tablespoon of oil over a good fire, until tender. Sprinkle over $\frac{2}{3}$ teaspoon of salt and a large dash of black pepper. Turn over onto a hot dish, and sprinkle over some chopped parsley. Serve with broiled or sautéed meat.

STEWED TOMATOES:

Scald, skin, and cut into pieces 6 sound ripe tomatoes. Cook in an agate-ware saucepan until tender, or about 20 minutes, adding a teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper. When done stir in a few bits of butter, and, if too liquid, add a few cracker crumbs. When a sweet flavor is desired, add to the boiling mixture a very small bit of soda and $\frac{1}{2}$ teaspoon of sugar.

BAKED TOMATOES:

Scald and skin 6 firm, sound, ripe tomatoes of uniform size. Cut a thin slice off the blossom end. Brush the tomatoes with oil, and arrange in a buttered agate-ware pan of a size fitted to the quantity. Sprinkle over

salt and pepper and put a bit of butter on opened side of each tomato. Replace top slice on each tomato, sprinkle over some buttered crumbs, add to pan $\frac{1}{2}$ cup of boiling White Stock, and bake in a rather hot, moderate oven 20 minutes, or till tender.

BROILED TOMATOES:

Slice, 1 inch thick, 3 large, firm, sound, ripe tomatoes, leaving out the round ends. Sprinkle with a little salt and pepper, roll in beaten egg and crumbs, and broil on a hot, greased broiler over a moderate, clear fire.

TOMATOES ON CROUTONS:

Cut in half, crosswise, 3 selected, scalded and skinned firm, ripe tomatoes. Sprinkle over salt and pepper and a little sugar, also a tablespoon parsley, a teaspoon chive, and a crushed slice of garlic, all chopped fine. Roll in flour, beaten egg, and crumbs, or simply in flour. Sauté these in a frying-pan over a moderate fire, in 2 tablespoons of hot melted butter and a tablespoon of oil. Turn as needed to finish them with a golden color. Serve on French Croutons the size of the tomatoes.

STUFFED TOMATOES, I:

Wipe 6 firm, sound, ripe tomatoes of a medium size, Cut off a slice at stem end, then, using a spoon, remove center pulp and seeds to make room for the stuffing. Sprinkle a little salt inside and drain, open side down, 30 minutes to let out the liquor. Fill the cavity with a stuffing as directed below, replace the top slice, arrange in a buttered pan, add 2 tablespoons of White Stock, set on top of each one a bit of butter, and bake 30 minutes in a rather hot oven, basting occasionally with liquor in pan.

Stuffing: Melt over a slow fire 2 tablespoons of butter or bacon-dripping, turn in, all thinly chopped, 1 onion and $\frac{1}{2}$ green pepper with seeds removed, and cook about 15 minutes or until soft and slightly amber-colored; then stir in a slice of cooked ham left over from breakfast, finely chopped, and add a cup of crumbs moistened

with 3 tablespoons of broth or milk. Remove, and, while stirring, add a tablespoon of chopped parsley, $\frac{1}{3}$ teaspoon of salt, $\frac{1}{5}$ teaspoon of black pepper, a dash of powdered thyme, and a beaten egg-yolk or a whole egg.

STUFFED TOMATOES, II:

Using a Cabbage Stuffing I (see that recipe), proceed as directed in preceding article.

Or use, for stuffing the tomatoes, a mixture as directed at "Rice Spanish" or "Rice Creole."

Or again, proceed as explained in last part of "D'Uxelles Sauce," when it is to be utilized as a garnish to a meat or fish dish.

STUFFED TOMATOES, III:

Served with roasted or braised veal, etc.

Prepare 6 to 8 tomatoes as in "Stuffed Tomatoes I," and drain upside down as directed. Fill with Veal Cream Force meat. Bake as above in a rather hot, moderate oven, 25 minutes, in a buttered pan.

Recipes for Green Peppers

When the peppers are to be baked, select medium-size, dark-green vegetables that will stand level while cooking. If the peppers are large, cut in half, otherwise cut a slice off the top and remove all tough parts, partitions, and seeds, to obtain a clean cup. The bare cup is usually parboiled 15 minutes, drained, and the skin removed. The green trimmings, thinly chopped, can be used as a part of the stuffing, or utilized to make a salad, or added to cooking stock, stews, etc., in which they will take the place of pepper-corn.

To remove the skin of green peppers used to make salad or preserve, heat a toaster over a good fire, place the peppers over it, and turn constantly so they may toast evenly until the skin dilates or puffs all around. Then enclose them at once in a doubled, clean heavy cloth, and let stand 15 to 20 minutes in a warm place, or until they emit enough moisture to help in neatly peeling them. Peel one pepper while keeping the others constantly warm in the cloth.

STUFFED GREEN PEPPERS:

Cut a slice from stem ends of the peppers, remove seeds and partition, parboil 15 minutes, drain, and remove skin. Fill the pepper cavity with a stuffing made as in "Stuffed Tomatoes I," and bake as there directed, dredging over top some buttered crumbs. Or stuff with a Cabbage Stuffing I (see recipe) or again with a Rice Creole. Serve on toast with a Brown Sauce, or as a garnishing around broiled or roasted meat.

GREEN PEPPER SPANISH STYLE:

Served as an entrée course.

Parboil some chili peppers for 15 minutes, setting over them a strainer to keep them immersed. Drain, and remove skins. Leaving the stem on, neatly slit them lengthwise near stem, making an opening just large enough to remove the seeds and partitions. Sprinkle inside a little salt, and through the opening introduce one or more pieces of American cheese. Dip in a Batter I or II, and fry in hot deep fat to a delicate amber color. Serve hot over a highly seasoned Tomato-Brown or Tomato Sauce.

Recipes for Mushrooms

Mushrooms are very rich in food value. When buying, refuse mushrooms which have the caps perforated by minute holes, as they are wormy.

The *Campestris* that we obtain from the market throughout the year are the most generally known, but there are many other varieties of edible mushrooms, among which the *Cepes* are usually the largest. These are often canned, while the *Moril* are usually dried and powdered, to be used as seasoning to sauce, stew, etc.

The most poisonous of all the mushrooms or toadstools are nearly always found where edible mushrooms grow: therefore, persons not familiar or acquainted with mushrooms should never attempt to gather them.

Of the many popular tests to determine whether mushrooms are poisonous or not, such as placing a silver dollar, a bean of garlic, etc., in with them while they are cooking, none are to be depended upon. The cook must absolutely know, or must buy from trustworthy dealers.

PREPARATION OF MUSHROOMS FOR COOKING, AND MUSHROOM LIQUOR:

When the mushrooms are to be sauted, broiled, or baked, they should not be allowed to stand in cold water for a longer time than necessary to thoroughly and quickly wash them. Drain the caps upside down, and peel stem and caps, carefully removing the root's extremity, which discard. To make the mushroom liquor which is called for in many recipes, put the washed trimmings in a small saucepan, and when the stems are not to be utilized, add them also, cut into small pieces. Add enough cold water to barely cover, and a dash of salt, boil slowly 15 minutes, turn into a fine sieve, and rub through into their own liquor. Set aside in a cold place to use as directed.

BLANCHED MUSHROOMS:

Used as a garnishing to meat dishes, stews, fish, or as an addition to sauces.

Select firm, white, fresh-gathered mushrooms that have no open space between cap and stems. Prepare and wash them as above. Drain. Turn them into just enough boiling water to barely cover, over a brisk fire, adding a little salt, a few drops of lemon juice, and a bit of butter. Cover. When boiling, remove kettle to slow fire to simmer 4 or 5 minutes. Drain, and reserve liquor to use as a mushroom liquor. Reserve the mushrooms for use as directed.

MUSHROOM CAPS STUFFED:

Wash 6 rather large, fresh-gathered mushrooms of an even size, and a few other smaller ones. Remove the stem of the large mushrooms and peel the caps. Fill the cap's cavity with the following stuffing: Sprinkle over buttered crumbs, arrange in a buttered gratin dish, and bake 10 minutes. Serve each mushroom over a circular French Crouton, or serve as a garnishing around broiled or roasted meat.

Stuffing: Thinly chop the remaining peeled mushrooms and stems, add a tablespoon of fine crumbs, moist-

ened with a little cream, and, while stirring, add an ounce of creamed butter, a slightly beaten egg-yolk, a dash of salt, a few grains of pepper, and, all very thinly chopped, a teaspoon parsley, a dash of chive, and a crushed thin slice of garlic.

MUSHROOM CAPS STUFFED WITH RICE-SOUBISE MIXTURE:

For garnishing broiled, roasted, or braised meat.

Blanch a few minutes $2\frac{1}{2}$ tablespoons of washed rice in $\frac{1}{4}$ cup of boiling water. Add $\frac{1}{4}$ teaspoon of salt and $\frac{1}{4}$ cup of boiling White Stock. Cover with greased paper, and bake in a moderate oven until the rice is tender and has absorbed all the liquid. Rub through a purée strainer, stir in 1 cup of thick Soubise Sauce and season to suit taste. With this hot mixture fill some large blanched mushroom caps.

MUSHROOMS UNDER GLASS:

Served as an entrée course.

Order a pound of mushrooms of the *Campestris* variety, to include 6 rather large, firm mushrooms. Wash, drain, and peel all the caps and stems. Reserve the 6 larger caps, and cut in pieces all the remaining caps and stems. Place at the bottom of each buttered individual oven glass dish a circular French Crouton. Set on each Crouton a large cap. Fill cavity with the mushrooms that were cut in pieces, sprinkle over a dash of salt, a little pepper, and many bits of butter. Add to glass contents 2 tablespoons of cream, cover with bell oven glass, and bake in a rather hot oven 15 minutes. Send to the table at once, uncovered, so the mushrooms may retain all their fine flavor.

If more convenient use one large bell oven glass, arranging all the mushrooms as above under the one bell glass. Left-over sweet-breads may also be added.

MUSHROOMS BROILED:

Take some large mushrooms of the *Campestris* or *Cepes* variety. Wash and drain, peel the caps, and re-

move the stems. Put the caps in a dish, pour over them the following mixture, and let stand 20 minutes. Put in a bowl 3 tablespoons of oil, and, while stirring, add $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of black pepper, and, very thinly chopped, 2 shallots and a crushed thin slice of garlic. Arrange the mushrooms over a hot greased broiler and broil to a delicate golden color on both sides over a hot, clear fire. Place on buttered toast on a hot dish, spread over a Maître d' Hotel Butter.

MUSHROOMS IN CREAM:

Wash $1\frac{1}{2}$ pounds of firm, white mushrooms of the *Campestris* or *Cepes* variety. Peel caps and stems, break larger ones into pieces the size of smaller ones, and turn them into a scant pint of scalded, rich milk; add a teaspoon of salt and a dash of Cayenne. Cook slowly, simmer 8 minutes, and drain thoroughly. Simmer these in $1\frac{1}{2}$ tablespoons melted butter in a saucepan set over a slow fire; stir and cook till all moisture is evaporated and the butter absorbed. Remove the mushrooms from the pan and add to pan, over the fire, $3\frac{1}{2}$ tablespoons of butter, blend in $3\frac{1}{2}$ tablespoons of flour, and, while stirring or beating, add very gradually the hot milk liquor. Beat until smooth and boiling, simmer 2 minutes, and strain. Add the mushrooms, and serve on buttered toast.

MUSHROOMS IN CROUSTADE OR SHELL CASE:

Fill croustade or shell case with a mixture made as in preceding article, only make the mixture thicker by using two-fifths less milk. Serve at once, or sprinkle over top some buttered crumbs and bake a few minutes in a hot oven.

SAUTED MUSHROOMS:

Served with broiled meat.

Wash and peel the mushroom caps and stems, and cut or break the larger mushrooms into pieces the size of the smaller ones. Melt 3 tablespoons of butter over

a rather hot, moderate fire. When hot but not browned add the mushrooms, and cook while tossing or stirring without breaking their shape, until dry, sprinkling over a little salt and pepper. Serve on buttered toast and garnish with toast point.

MUSHROOM PURÉE:

Take a pound of white, firm mushrooms. Remove tough roots, extremities of stems, and wash carefully. Drain. Chop the mushrooms fine, turn into a saucepan over a moderate fire in 2 tablespoons of melted butter, and cook, constantly stirring with a wooden spoon, until the moisture has thoroughly evaporated. Continue stirring while adding 1 cup of thick White Sauce II and $\frac{1}{4}$ cup of Chicken-Glaze or reduced Chicken Stock. Stir constantly until smooth and boiling; then remove to a slow fire, and let simmer till thick. Skim off fat on top, then rub through a purée strainer. Season as needed with salt and a few grains of Cayenne. Re-heat. Serve with fish, chicken, or sweet-bread entrées to make bulk, or use to fill artichoke bottoms as a garnishing to roasted, braised, or broiled meat.

MUSHROOM TIMBALE:

Cool off a Mushroom Purée made as directed above, then stir in 2 slightly-beaten eggs and a teaspoon of onion juice. Season to suit the taste. Butter six individual timbale molds, arrange at bottom of molds rounds of buttered paper, fill timbale with mixture, cover with oiled paper and poach as usual in oven until firm on top center.

Recipes for Egg Plant

EGG PLANT NEAPOLITAN:

Peel an egg plant cut into slices $\frac{1}{4}$ inch thick. Put in a bowl, sprinkle over a tablespoon of salt, and let stand 15 minutes. Add cold water enough to cover, drain, and wipe between towels. Sprinkle over a little black pepper and roll in flour. Put 2 tablespoons of butter and a tablespoon of oil in a frying-pan, over a

moderate fire. As soon as the fat is hot, arrange egg plant in the pan and cook, turning over as needed, until slightly amber-colored on both sides. Arrange in a buttered glass oven gratin dish. Stir into 1 pint of Tomato Purée or Sauce 2 tablespoons of grated mixed Parmesan and Gruyère cheese. Pour this over the egg plant in oven dish, sprinkle over top some grated cheese and buttered crumbs, and bake 10 minutes to a delicate amber color. It must not bubble.

EGG PLANT OPERA:

Peel an egg plant, slice, and soak in salted water, drain, wipe between towels, dredge with a little black pepper, roll in flour, and cook in butter and oil, as directed above, and arrange in a buttered gratin dish. Scald and skin 4 firm, ripe tomatoes, cut into pieces, and, while draining 15 minutes over a strainer, remove the seeds. Melt 2 tablespoons of butter over a good fire, add a tablespoon of oil, and, when hot, turn in the tomatoes. Shaking pan, cook a few minutes. Remove from fire, gently stir in 1 tablespoon of grated cheese, sprinkle with $\frac{2}{3}$ teaspoon of salt, a dash of Paprika and a little black pepper, and spread the tomatoes over the egg plant. Sprinkle grated cheese and buttered crumbs over top and bake until slightly amber-colored. Several alternate layers of egg plant and tomatoes may be arranged, but finish with a layer of tomatoes.

EGG PLANT FRIED:

Peel an egg plant and slice $\frac{1}{4}$ inch thick, sprinkle over slices a tablespoon of salt, arrange between two plates, and let stand 30 minutes to remove bitter liquor. Wash, drain, and wipe between towels. Sprinkle over a little black pepper, roll in flour, and fry in hot, deep fat to a nice golden color.

EGG PLANT BROILED:

This recipe will serve six persons.

Take 3 small egg plants, and cut in half lengthwise and remove seeds. Put in a bowl 4 tablespoons of oil,

and, while stirring, add 1 tablespoon of salt, $\frac{1}{2}$ teaspoon of black pepper, and, thinly chopped, a tablespoon of parsley, a teaspoon of chive, and a shallot. Put in the egg plant, and, while basting occasionally with the marinate, let stand 40 minutes. Arrange on a hot greased broiler over a clear, moderate fire, and broil until tender. Baste often with the oil of the marinate.

EGG PLANT STUFFED:

This recipe will serve six persons.

Soak 6 ounces of stale bread crumbs in water 1 hour. Drain and press out the liquor. Wash and wipe 4 egg plants, and cut lengthwise into halves. Blanch 15 minutes in boiling salted water, and drain. Using a spoon, remove the pulp without injuring the skin. Reserve skins of 6 of the sections and chop the pulp. Simmer an onion, chopped fine, 15 minutes in a generous ounce of butter, without allowing the onion to take on any color. Add 2 green onions chopped fine and simmer 5 minutes. Stir while adding the prepared bread and the pulp, and season with salt and black pepper as needed. Cook a few minutes, remove, and when slightly cooled, add a beaten egg. Divide the stuffing between the 6 reserved skins, filling them with it in a dome shape. Dredge with buttered crumbs, and bake 35 minutes on top grate in a quick moderate oven.

Cooked Lettuce and Endive

LETTUCE BRAISED:

Take 6 lettuce heads, cut stems short, remove outside leaves, wash carefully, and drain. Tie up each head with twine. Parboil 5 minutes, and drain. Press out the liquor. Then cook the lettuce as directed at "Braised Cabbage," about 1 hour or until tender.

All left-over tender leaves of lettuce may be used if desired as follows: Thoroughly wash leaves and drain. Turn into boiling salted water, enough to cover, and boil 15 minutes. Drain 30 minutes on strainer. Press out liquor while shaping the lettuce into several balls. Butter a shallow pan, arrange in it the lettuce shaped

balls, and dredge with a little salt and black pepper. Place on each ball a bit of butter, cover with a greased paper, and bake 1 hour in a slow oven or till tender, turning over once.

ENDIVE GLAZED:

Wash carefully 6 white, tender endives, and drain. Butter freely an agate-ware pan, arrange the endives in it, and sprinkle over a little salt and white pepper. Pour over a little melted butter, cover with greased paper, and bake in a slow moderate oven until tender, turning over when half done. Arrange on a hot dish. To the butter left in pan add any available remnant gravy of roast veal or beef, or, again, some rich Veal Stock or Glaze, reduce to a syrupy consistency, and pour over endive.

Never blanch endive, as by boiling it will assume a bitter flavor.

Recipes for Corn

BOILED GREEN CORN:

Strip off the husk and silk, soak 30 minutes, and drain. Turn into rapidly boiling water more than sufficient to cover. Bring it quickly to a boil again and cook uncovered, constantly boiling, until tender, or from 15 to 20 minutes, placing over a strainer to keep immersed. Drain. Serve at once in napkin; or cut the corn from the cob, and sprinkle over a little fine salt and a few bits of butter.

STEWED CORN:

Prepare and soak the ears as above, and drain. Cut down through center of each row of kernels, then cut corn from the cob, put it in a saucepan, and add just enough boiling water to barely cover. Bring quickly to a boil and cook until tender, or about 15 minutes. Cook the corn so that there will be very little liquor to drain when done. Stirring, add $\frac{1}{3}$ cup warm cream, remove from fire, then stir in a few bits of butter, and add a dash of salt and a few grains of Cayenne.

CORN FRITTERS:

Take some blanched corn and cut the corn from the cobs. Rub through a purée strainer to obtain a rather large cup of pulp. Mix with a Batter IV. Drop from tip of a tablespoon balls the size of a walnut in hot, deep fat, and fry to a delicate golden color.

GREEN CORN AU GRATIN:

Add $1\frac{1}{2}$ cups of grated blanched green corn to $\frac{2}{3}$ cup of rich White Sauce, and, while stirring, add 4 tablespoons of cream, $\frac{1}{2}$ teaspoon of salt, and a few grains of Cayenne. Pour into a buttered glass oven gratin dish, sprinkle over top some grated cheese and buttered crumbs, and bake to a delicate golden color.

SUCCOTASH:

Strip off the husk and silky thread of two or three cobs of green corn. With a sharp knife cut down lengthwise through center of each row of kernels, then cut kernels from cob. Put in a saucepan, add boiling water to cover, and cook, constantly boiling, until tender, or about 15 minutes. Drain. Reserve the corn and return the liquor to the kettle. Bring to a boil, and add shelled string beans, cut into lozenges, same quantity as the corn. Bring quickly to a boil again, adding boiling water to keep the beans constantly immersed. Add $\frac{1}{2}$ teaspoon of salt and boil till tender. Drain thoroughly.

Sauté the beans in about $1\frac{1}{2}$ tablespoons of melted butter, dredging over a few grains of salt and white pepper, and cook while shaking the pan until the butter is all absorbed. Add about $\frac{1}{2}$ cup of thin cream, shake pan to mix while adding the corn, and let bubble. Season to suit the taste with salt and a few grains of white pepper.

Recipes for Squash**BOILED SUMMER SQUASH AND PURÉE OF SQUASH:**

Cut the squash into quarters, very thinly peel off hard parts of skin, and remove seeds. Turn into boiling

water, enough to cover, and bring quickly to a boil. Cook until tender, adding a very little salt. Drain a minute on strainer.

For purée, rub through a purée strainer into a saucepan. Set over the fire, cook and stir until thick. Stir in a few bits of butter, 1 or 2 tablespoons of cream, salt as needed and a few grains of Cayenne. If lacking time to eliminate the moisture by evaporation, squeeze out the excess liquor by placing the squash in a cheese-cloth, and twist.

STEWED SUMMER SQUASH AND TOMATOES:

Simmer 10 minutes, thinly chopped, 1 onion and 1 green pepper in 2 tablespoons of melted butter. Add to pan, removed over a quicker fire, 1 teaspoon of oil and about 1 pound of peeled squash, cut into even pieces and seeds removed. Cook for a few minutes, shaking the pan occasionally, then add about 4 firm, ripe tomatoes, skins removed and each cut into even pieces, with $\frac{1}{2}$ teaspoon of salt, a few grains of Cayenne, and a dash of Paprika. Let simmer until the squash is tender. Sprinkle over some chopped parsley, and serve on a hot dish.

SUMMER SQUASH, TOMATOES, AND GREEN CORN:

Cut kernels from 2 ears of green corn as directed at "Succotash." Add to a boiling "Stewed Summer Squash and Tomatoes" mixture 15 minutes before it is done, and boil till the squash and corn are tender. Season as needed with salt and pepper, and, at option, add a little sugar.

FRIED SUMMER SQUASH:

Cut squash in two lengthwise, remove seed, and peel. Cut these into slices about $\frac{1}{4}$ inch thick. Sprinkle with salt and black pepper, roll in flour, beaten eggs, and crumbs, and fry in hot, deep fat.

WINTER SQUASH BAKED:

Using a cleaver, cut squash into pieces. Remove seeds and stringy substance. Arrange in a dripping pan,

sprinkle over a little salt and white pepper, dot top with bits of butter, add 3 tablespoons of water, cover with greased paper, and bake 50 minutes, or till tender. Have the oven hot for the first 25 minutes, after which remove paper and finish baking in a moderate oven. Peel off skin and rub pulp through a purée strainer. Stir in a few bits of butter, and add salt and white pepper as needed.

Or, cut squash as above into even pieces, and peel and steam till just a little tender. Arrange in a buttered glass oven gratin dish, dredge with a little salt and white pepper, dot top with bits of butter. Bake in moderate oven till tender and slightly browned. Serve on same dish as baked.

WINTER SQUASH AUX FINES HERBES:

Cut the squash into even pieces and remove seeds and stringy substance. Peel and steam as usual until nearly tender; then arrange in a buttered shallow pan of a size adapted to the quantity of squash. Dredge with a little salt and pepper. Sprinkle over some parsley and chive mixed and thinly chopped. Dot top with a few bits of butter, cover with greased paper, and bake until tender.

LENTILS:

Pick over a cup of lentils, wash thoroughly, and soak over night in enough cold water to cover. In the morning drain. Place over the fire, cover with cold water, add a kitchen bouquet, and an onion, and bring to a boil; then turn into an earthen pot with a fitting cover. Bury into mixture a small piece of scalded salt pork, leaving the skin exposed over top. Add a teaspoon of salt, a dash of pepper, cover, and bake in slow oven until soft. Thirty minutes before done, remove the lid, and when done, remove bouquet, onion, and salt pork. Pile the lentils over a hot dish, and sprinkle over chopped parsley.

BAKED BEANS:

Same as preceding recipe, only do not bring the beans to a boil, but let them remain in nearly-boiling water until skins burst. Drain the liquor thoroughly and

replace this liquid with boiling water. Turn into a bean pot and finish as above.

Or, the beans may be cooked as directed at "Boston Pork and Beans."

BEANS OR LENTILS PURÉE:

Rub through a purée strainer some baked beans or lentils. Add a little thin cream to bring them to the right consistency. Season as needed with salt and black pepper.

BEANS Á L'ANDALOUSE:

Cook some brown beans with white eyes, as directed at "Baked Beans." Thirty minutes before they are done add two skinned tomatoes cut into pieces, a green pepper with seeds removed, a crushed slice of garlic, and $\frac{1}{2}$ teaspoon of chili powder, all very thinly chopped. Gently stir.

BEANS Á LA BRETONNE:

Pick over 1 pound of pea white beans. Wash and thoroughly drain. Soak over night. Drain the beans, and turn into a kettle, in about 1 quart of cold water. Add a kitchen bouquet, 2 cloves inserted in an onion, bring to a boil, and simmer until tender, adding a teaspoon of salt, a ham bone, or a small piece of scalded salt-pork. Drain thoroughly. Remove bone, onion, and bouquet. Simmer 3 shallots, chopped fine, a few minutes in $1\frac{1}{2}$ teaspoons of melted butter, in a saucepan over a slow fire. Add $\frac{2}{3}$ cup of Tomato Purée and a crushed slice of garlic thinly chopped. Let bubble just at one point 10 minutes. Turn the beans into the sauce, stir gently to mix, season as needed with salt and pepper, pile on a hot dish, and sprinkle over some chopped parsley.

CHAPTER V

RICE, MACARONI, SPAGHIETTI, NOODLES,
AND RAVIOLI

Recipes for Rice

RICE absorbs about three times its bulk of water. Boiled rice that is to be added to hot broth or consommé should be rinsed under running water and drained.

BOILED RICE:

Wash the rice, in cold water, stirring it until the water that runs off it is clear, then thoroughly drain. Turn into three times its bulk of boiling water, over a quick fire. Stir until boiling and cook 5 minutes. Drain. Reserve the liquor to make a leek or potato soup. Bring to a boil as much water as you have drained-rice liquor, and, while constantly stirring until boiling, add the drained rice and boil steadily over a moderate fire until dry, tender, and each kernel is separated; add salt 10 minutes before the rice is done. Gently turn the rice onto a strainer and dry on strainer 2 minutes at open oven door.

Or, turn a cup of washed and drained rice into 1 quart of boiling water, while stirring constantly, over a quick fire. After boiling 15 minutes, add a level tablespoon of salt and boil gently 5 minutes longer or until tender, over a moderate fire. Thoroughly drain, and dry 2 minutes on back of stove.

RICE RISSOTO AND PILAF OR ORIENTAL**RICE:**

Select a sauce-pan having more width than depth. Put $1\frac{1}{2}$ to 2 tablespoons of clarified butter and a few drops of oil in a saucepan over a moderate fire. Add 1 cup of unwashed Carolina or East India rice. Stir the

bottom of pan constantly with a wooden spatula and cook till the hot fat taints the rice; then add 2 or 3 tablespoons of thinly chopped onions and continue to stir and cook the mixture until the onion has assumed a light amber color. The rice kernels and fecula held in the kernel thus broiled or sauted will not dissolve in its own cooking liquor as is the case with washed rice turned into boiling liquid, and the kernels, therefore, will not adhere. At once, while stirring the rice, add 3 cups of boiling Chicken Stock. Stir until boiling adding $\frac{1}{3}$ teaspoon of salt and a dash of Spanish saffron. Bake in oven about 25 minutes or till all the liquid is absorbed. Remove the rice to another saucepan, then gently stir in $\frac{1}{2}$ cup of grated Parmesan or any other cheese such as Gruyère, Edam, etc.

For the Pilaf, cook 1 cup of rice with an onion as above. Stirring, add 3 cups of boiling White Stock, and $\frac{1}{2}$ teaspoon of salt, and boil until dry. If desired, add with the onion a chopped green pepper, then use as liquid 2 cups of White Stock and $1\frac{1}{4}$ cups of canned tomatoes.

RICE CREOLE:

Parboil a cup of washed rice 5 minutes as above, and drain thoroughly. Simmer for a few minutes in 3 tablespoons of melted butter, all thinly chopped, 1 onion, 1 shallot, and 1 green pepper with seeds removed. Then add 3 tablespoons of chopped mushrooms, cook a few minutes, and while stirring, add $\frac{2}{3}$ cup of hot Chicken Stock and $1\frac{1}{2}$ cups of canned tomatoes. Bring quickly to a boil, add the parboiled rice, and stir until boiling; then remove pot to a moderate fire that will keep the mixture boiling till tender and dry, adding a teaspoon of salt.

If desired, $\frac{1}{2}$ cup of grated cheese may be gently stirred into the rice, or it can be arranged in a buttered glass oven gratin dish, sprinkling top with grated cheese and buttered crumbs, and baked 10 minutes.

RICE TIMBALE:

Parboil a cup of washed rice for 5 minutes as directed above, and drain. Wash 6 mushrooms, peel stems

and buttons and cut them into pieces, reserving the peelings. Melt 3 tablespoons of butter over a slow fire, add 2 chopped shallots, simmer a few minutes, then add the mushrooms. Stirring, cook until dry, then add the drained rice, and cook until all the butter is absorbed. Remove pot to a brisk fire, and, while stirring, add the following boiling mixture and cook until the rice is dry.

Hot Mixture: To $\frac{3}{4}$ cup of Chicken Stock in a saucepan over the fire, add 1 large cup of canned tomatoes, the mushroom peelings, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of Paprika, and simmer 10 minutes, then rub through a fine sieve and re-heat to a boil. Or, omitting the tomatoes, add to the rice $1\frac{2}{3}$ cups of boiling Chicken Stock, then color with a little Spanish saffron.

Butter individual timbale molds, place at bottom of each a round buttered paper, over center of which place a star-shaped figure cut out of a pimento or hard-boiled egg. Fill molds, packing them carefully with the rice mixture, and bake in moderate oven 12 minutes. Use as garnishing to chicken or fish entrée, or serve individually with a Cheese or Tomato Sauce.

RICE-CHEESE TIMBALE:

Proceed the same as in recipe above. When the rice is cooked dry and tender, remove from fire, then, gently stirring it with a carving fork, incorporate $\frac{1}{4}$ cup of grated cheese. Serve as above.

RICE CROQUETTES:

Utilized for garnishing of meat course.

Make as directed at "Rice Croquette Sweet," but leave out the sugar and flavoring and use a little more salt. Serve individually with a Cheese Sauce.

Or, put 1 cup of washed rice into 1 quart of scalded milk in a double boiler over the fire, add a teaspoon of salt, and cook until tender. Remove from the fire, let stand awhile, then turn over a strainer. As soon as cool enough to be handled, shape into croquettes, and roll in cracker meal, beaten egg, and crumbs. Fry to a delicate golden color in hot, deep fat.

RICE FRITTERS:

Rinse a cup of left-over rice in cold water, and, while the water runs over it, with a carving fork separate the kernels. Drain thoroughly. Mix the rice in a Batter IV, drop balls from tip of tablespoon into hot, deep fat, and fry to a delicate golden color, turning over as needed.

RICE AND CURRY:

Parboil for 5 minutes a cup of rice washed as above, and drain. Simmer 2 thinly chopped shallots in a tablespoon of melted butter over a slow fire. Add the rice, and cook, stirring until the rice is tainted. Remove the pan to a good fire, and, while stirring the rice, at once add $1\frac{5}{8}$ cups of boiling White Stock and a teaspoon of curry powder; still stirring, bring it quickly to a boil. Add salt and pepper as needed and cook the rice, over a moderate fire, till tender and dry.

RICE CUTLETS WITH LEFT-OVER:

Mix 1 cup of fine crumbs, 1 cup of chopped meat left-over, and 1 cup of left-over cooked rice. Add 2 thinly chopped shallots that have simmered a few minutes in a little melted butter, and, while mixing, add a slightly-beaten egg, and, as needed, a little thick cream or remnant gravy of roast, in order to obtain a consistent paste that can be shaped into cutlets. Season as needed, with salt and pepper and chopped parsley. Roll the shaped cutlet in beaten egg and in crumbs. Fry in hot, deep fat to a delicate golden color. Serve with any one of the following sauces: Tomato, Spanish, Brown, or White Sauce.

Recipes for Macaroni and Spaghetti**BOILED MACARONI:**

Break the macaroni into pieces 2 or 3 inches long. Turn into plenty of rapidly boiling water over a brisk fire. Stir until boiling, adding a tablespoon of salt. Remove to a moderate fire and boil, uncovered, till soft, from 15 minutes up, the time varying with the quality.

Drain. Dip into plenty of cold water, stir gently, then drain. The cold bath prevents the pieces adhering to each other and renders them crisp.

MACARONI IN CREAM:

Re-heat in a White or Cream Sauce some cooked macaroni prepared as above. Season as needed with salt and a few grains of Cayenne.

MACARONI À LA MILANAISE:

Blanch, drain, rinse, and drain again some macaroni as directed at "Boiled Macaroni," then wipe between towels. In a sauce-pan over a slow fire melt 4 tablespoons of butter, add the macaroni, and toss or gently stir until all the butter is absorbed, while sprinkling over a little salt and pepper; then add 1 cup of hot Tomato Purée. Bring to a bubble, remove from the fire, and gently stir in some grated Parmesan cheese. Pile on a hot dish, and sprinkle over some grated cheese.

MACARONI À L'ITALIENNE:

Wash 8 dried mushrooms prepared as directed below, and drain. Soak 4 hours in $1\frac{1}{5}$ cup of cold Brown or White Stock. Melt 3 tablespoons of butter over a slow fire, and in this simmer 2 tender shallots, then blend in 3 tablespoons of flour, and, while beating it over the fire, add slowly a cup of hot Brown Stock, the drained mushroom liquor, and $\frac{2}{3}$ cup of Tomato Purée. Stir constantly until smooth and boiling. Add the chopped drained mushrooms, remove to a slow fire, simmer 15 minutes, and skim. In this sauce re-heat 3 or 4 cups of boiled macaroni, season as needed with salt and pepper, remove from the fire, then gently stir in 3 tablespoons of grated Parmesan cheese. Pile on a hot dish and sprinkle over some grated cheese. Serve at once.

How to Prepare Dry Mushrooms: Dry mushrooms are first washed to thoroughly remove the dust, then drain. Soak in cold water or in unjellied stock, enough to cover, from 2 to 6 hours, or until soft and they have regained their former size. Eight tiny, dried mush-

rooms are enough to flavor a bulky mixture. Do not oversoak the mushrooms, or they will lose some of their delectable flavor, which is assimilated by the soaking liquid; and, to prevent the loss of flavor, it is desirable to include also the soaking liquor as a part of the liquid entering in the particular dish to be prepared.

MACARONI AU GRATIN:

Boil some macaroni as directed above, sufficient, say, for 3 cups. Drain. Immerse in plenty of cold water, drain thoroughly, and wipe between towels. Melt in a saucepan $\frac{1}{4}$ cup of butter, remove from the fire, turn the macaroni into the hot butter, and, while sprinkling over it $\frac{1}{4}$ cup of grated cheese, stir or mix until the butter and cheese are distributed evenly over surface of macaroni. Season with $\frac{1}{4}$ teaspoon of salt and a dash of white pepper. Arrange mixture in buttered glass oven gratin dish, sprinkle over the top some grated cheese and freshly and finely grated crumbs of stale bread, and dot top with many small bits of butter. Bake in hot oven 10 minutes, to a delicate golden color.

MACARONI IN CREAM AU GRATIN:

Arrange in a buttered glass oven gratin dish about 3 cups of blanched macaroni prepared as above. Pour over to barely cover the macaroni a cold White Sauce in which 2 tablespoons grated cheese have been stirred. Sprinkle over some grated cheese and buttered crumbs, bake in moderately hot oven about 13 minutes, or until delicately golden-colored.

MACARONI AND HAM:

Cut some cold boiled ham into small dice, fat and gristle removed, to obtain about $\frac{1}{2}$ cupful. Simmer this in $1\frac{1}{2}$ tablespoons of melted butter over a slow fire until slightly amber-colored, adding a very thinly chopped shallot, and cook 1 minute, stirring; then add 1 cup of Brown Sauce, and cook bubbling at one point for 10 minutes. In this re-heat 2 cups of macaroni. Remove from the fire, and stir in some grated cheese.

MACARONI ANNA:

Drain 3 or 4 canned pimentoes. Cut them into dice and simmer a few minutes in a little melted butter over a moderate fire. Mix into a "Macaroni in Cream au Gratin," and finish and bake as directed in that recipe, seasoning rather highly with Paprika and a few grains of Cayenne.

MACARONI À L'ESPAGNOLE:

Boil some macaroni as above to obtain about 3 cups. Drain, immerse in cold water, and drain again. Simmer a few minutes over a slow fire, in 2 tablespoons of oil or butter, and, thinly chopped, a tender onion and a shallot. Then add, cut into small dice, 4 pimentoes and a thinly chopped slice of garlic. Cook a few minutes, then add 4 skinned tomatoes cut in pieces, $\frac{2}{3}$ teaspoon of salt, a dash of Paprika, and a few grains of Cayenne. Simmer 20 minutes. In this re-heat the macaroni, and, just before serving, stir in some grated cheese.

SPAGHETTI AND NOODLES:

All the recipes given for Macaroni can be applied to Spaghetti and to Noodles.

NOODLES:

Sift 2 cups of flour in a bowl, make a depression in center, and break in 2 eggs. Add, gradually, a little water and $\frac{1}{3}$ teaspoon of salt, and work and knead all together to obtain a smooth, stiff dough. Let stand 10 minutes, then toss half of the dough over a board slightly dusted with flour, and roll it out very thin. Cut into long, narrow strips. Turn these into rapidly-boiling salted water and cook uncovered, for a few minutes. Lift out with a large skimmer and drain on strainer. Repeat the same process with the remaining dough.

**MACARONI, NOODLES, OR SPAGHETTI
SOUFFLÉ:**

To 1 cup of cold White or Cream Sauce, add 3 slightly-

beaten egg-yolks, 3 tablespoons of grated cheese, or 1 tablespoon of chopped parsley. Add 1 teaspoon of onion juice, $\frac{1}{2}$ teaspoon of salt and a few grains of Cayenne. Stir until smooth. Add 1 cup of either cooked macaroni, noodles, or spaghetti, cut into very small dice. Then fold in 3 egg-whites beaten to a firm, dry froth. Arrange in a buttered soufflé dish, sprinkle over some grated cheese, and bake 30 minutes in a moderate oven.

RAVIOLI:

Sift 1 pound of flour and 1 teaspoon of salt on a pastry board. Make a depression in center in which place an egg and about $\frac{1}{2}$ cup of cold water. Mix gradually to a stiff dough and knead till smooth. Let stand 10 minutes, covered, then roll out into several large thin sheets. Spread some stuffing made as directed below, on surface of each sheet, fold the other half over the spread stuffing, and, with the edge of a thin board, mark turn-over piece into 2-inch squares. Go over the marks with the thumb, pressing the dough firmly together. With a knife cut the squares apart, drop them in boiling salted water, enough to cover, and cook, simmering, 15 minutes, then drain. Arrange on a hot dish a layer of squares, sprinkle over some grated Parmesan cheese, mask with a little sauce, made as directed below, and repeat, finishing with a top layer of sauce and cheese.

Stuffing: Mix thoroughly, all thinly chopped, a crushed slice of garlic, a shallot, $\frac{2}{3}$ cup of blanched spinach, 3 ounces of cooked calves' brains, 1 teaspoon of parsley, and $\frac{2}{3}$ cup of sausage meat. Add 4 ounces of crumbs, soaked in milk but all liquor pressed out, a teaspoon of salt, a dash of black pepper, and a little grated nutmeg.

Sauce: To a cup of Brown Sauce add $\frac{1}{2}$ cup of Tomato Sauce. Stirring, cook 2 minutes.

CHAPTER VI

EGGS AND OMELETS

FRESH eggs when brought close to a bright light will show a clear bright yolk, and, when placed in cold water, will sink readily to the bottom. Eggs should be kept in a cool place and are best when cooked at a low temperature.

The food value of eggs has been discussed in a former article. Ten eggs are considered the equal of one pound of meat. It takes 8.64 eggs to equal 1 quart of rich milk, and 4.3 eggs equal 8.6 ounces of fowl or 1 quart of skimmed milk.

SOFT-BOILED EGGS:

Eggs to be boiled should always be very fresh. Dip 2 eggs in a kettle holding 2 quarts of boiling water and at once remove the kettle to a very slow fire and let the eggs stand 6 minutes without boiling. Or, pour boiling water into a small saucepan, let stand a minute, pour off the water, put in 2 eggs, adding boiling water to just cover, and let stand covered, in a warm place, 10 minutes. Or, again, dip 2 eggs in enough cold water to cover, bring to a boil, and drain.

When time is short, boil the eggs 3 minutes for soft-boiled, and 4 minutes for medium-soft. Eggs thus cooked, however, will not be so digestible and the texture will not be so smooth.

HARD-BOILED EGGS:

Gently plunge 2 eggs in 2 quarts of boiling water. At once remove kettle to a very slow spot on the range that will keep the liquid constantly hot for 30 minutes, not allowing the liquid to reach a temperature lower than 175° F. Drain, immerse in plenty of cold water, and let stand until thoroughly cooled. Eggs thus cooked will be digestible and the yolks not discolored. By im-

mersion in cold water, the shell and skins will peel easily.

When time is short, boil eggs 10 minutes; eggs so boiled are not digestible, and it is best to boil them 20 minutes if possible, as this renders them more digestible, although there will be some discoloration of yolk.

EGGS IN WHITE SAUCE:

Cook some fresh eggs as directed above at "Hard-Boiled Eggs." When done immerse in cold water and let stand until thoroughly cooled. Remove shell and skins. Slice crosswise and turn into a White or Cream Sauce. Season as needed with salt and a few grains of Cayenne.

EGGS À LA MAÎTRE D'HOTEL:

Cook 6 fresh eggs as directed at "Hard-Boiled Eggs." When done immerse in plenty of cold water, drain, and remove shells and skins. Reserve in a pan of hot water, till needed. When ready to serve, arrange over a hot dish the eggs cut in two lengthwise. Spread over them a Maître d'Hotel Butter, and serve at once.

BAKED HARD-BOILED EGGS:

Remove the shells and skins of 6 hard-boiled eggs. Cut them lengthwise at two-thirds the thickness of the eggs, to obtain 6 cover slices. Rub the removed yolks of eggs through a purée strainer. Add a tablespoon of soft crumbs, a fresh egg-yolk, and 1 generous ounce of creamed butter. Mix all together to a smooth paste, adding 1 tablespoon of chopped parsley, $\frac{1}{3}$ teaspoon of salt, and a dash of white pepper or Paprika. Fill the white cavity of the hard-boiled eggs with this mixture, place on each one a cover-slice, arrange the remaining yolk mixture at bottom of a buttered glass oven gratin dish, and the eggs on it, and sprinkle over some buttered crumbs. Bake 8 minutes.

EGGS AU GRATIN:

With the yolk of 6 hard-boiled eggs, cut into halves, make an egg-yolk stuffing as directed in preceding recipe. Fill the white halves of the eggs with some of the egg stuffing. Spread the remaining stuffing at bottom of a buttered glass oven gratin dish. Arrange on it the stuffed egg-halves, cut side down, sprinkle over some fine, fresh-buttered crumbs, and bake to a delicate golden color.

STUFFED EGGS FRIED:

Remove shells and skins of 6 hard-boiled eggs, and cut in half lengthwise. Rub the yolk, adding 2 or 3 well-drained anchovies, through a purée strainer, and, while stirring it constantly to a fine paste, add a fresh egg-yolk, a tablespoon of melted butter, a few grains of Cayenne, and with this fill the cavity of the hard-boiled egg-whites. Put 2 halves together into their former shape, roll in cracker meal, in beaten egg and seasoned crumbs, and fry in hot, deep fat to a golden color. Serve at once with a hot Tartar Sauce.

EGGS BAGRATION:

Boil $\frac{1}{2}$ cup of washed rice till tender, drain, and dry 2 minutes on back of stove. Place in a buttered glass oven gratin dish, and arrange over it 3 hard-boiled eggs cut into halves. Pour over it to barely cover, a Chicken in Cream mixture made with left-over chicken, and dredge top with buttered crumbs. Bake till delicately amber-colored.

EGGS CASTELLANE:

Put 6 fresh eggs in a sauce-pan with cold water sufficient to cover. Bring to a boil, remove from fire, and let stand 2 minutes; then drain, and immerse in cold water until cooled. Very carefully remove the shell and skin. Stir $\frac{1}{4}$ cup grated Parmesan cheese into $\frac{3}{4}$ pint of cold White Sauce. Pour half of the sauce into a buttered glass oven gratin dish. Arrange eggs in dish, pour

in the remaining sauce, and dredge top with grated cheese and buttered crumbs. Bake to a delicate amber color.

EGGS AU GRATIN WITH ANCHOVIES:

Same as "Eggs au Gratin," omitting the salt from the yolk mixture and adding 4 cleaned anchovies. Rub through purée strainer, and finish as directed.

EGGS À L'AURORE:

Shell and skin 6 hard-boiled eggs and cut in half. Remove the yolks of which reserve half. Thinly chop the remaining yolks and all the white parts. Stir into about $1\frac{1}{2}$ cups of White or Cream Sauce, and season as needed with a little salt and a few grains of Cayenne. Turn into a buttered glass oven gratin dish. Rub the reserved yolks and an ounce of butter through a sieve, adding a dash of salt, and a few grains of white pepper. Dredge over the top of the sauce in glass dish, also some buttered crumbs, or, stir into mixture some grated cheese. Bake to a delicate amber color.

EGGS AND SPINACH:

Pile on a hot serving dish a hot Spinach au Velouté. Arrange around it some hard-boiled eggs, peeled, and cut into quarters. Or slip some poached eggs over some Spinach Croutons, and garnish border of dish with the croutons.

FRIED EGGS:

Wipe a small egg-frying pan and heat over a moderate fire. Put in a teaspoon of clarified butter or clarified chicken dripping. Run the butter all over the surface of the pan, slip in an egg, dredge in a few grains of fine salt, and cook until the white parts are firm. The yolks may be basted with the fat in pan till a thin film has been formed, and if desired, dredge over a few grains of white pepper.

Or, if eggs are desired well done, same as preceding, but when the whites are firm turn over, cook about a minute, and slip egg onto a hot dish.

EGGS WITH BROWN BUTTER:

Fry an egg as above, slip it onto a hot dish, and pour over it $1\frac{1}{2}$ tablespoons of hot Brown Butter sauce. Garnish around with crisp Fried Parsley, cooked in the butter utilized to make the sauce.

HAM AND EGGS:

Broil 6 thin slices of ham on a hot, greased broiler over a hot, clear fire till of a nice golden color on both sides. Fry 6 eggs as above, slip the eggs onto a hot dish, and arrange the ham around the eggs. Serve hot.

If the ham is salty, place the slices in boiling water, remove from the fire, let stand a few minutes, and drain, drying between towels. Then brush slightly with oil, and broil as above.

Or, sauté the ham over a moderate fire in a little hot, melted butter, turning over as needed, till golden-colored on each side. Remove ham and reserve hot. To the butter left in pan add some eggs, frying them as directed above.

POACHED EGGS ON TOAST:

Use strictly fresh eggs. Brush with melted butter the bottom of an agate-ware shallow dish, one that has a thick bottom. Add boiling water, about 2 inches deep, with a tablespoon of salt, and bring to a bubble over a rather slow fire. Add a teaspoon of lemon juice or vinegar. When boiling again, drop in the eggs, one by one; but after the eggs are added, the water should be kept near to, but not boiling, until the white is firm and a film has formed on the yolk. This will require about 3 minutes, as poached eggs are always cooked soft. Using a cake turner, carefully lift out an egg. Carefully wipe the turner and around the egg with a clean cloth and slip the egg over buttered toast.

EGGS MIGNON:

Cook asparagus tips as directed at "Boiled Asparagus Tips," drain thoroughly, and remove strings. Simmer the tips in a little melted butter. Arrange them over a hot dish in crown shape, and fill center with tips. Mask the asparagus with a *Suprême Sauce*. Over top of asparagus tips slip from skimmer some hot poached eggs; garnish border of dish with *Asparagus Croutons*. Serve at once.

EGGS LACKMÉE:

Carefully slip 6 poached eggs, prepared as above, over 6 buttered pieces of toast arranged on a hot dish, and carefully mask the whole with a "Chicken in Cream" mixture.

EGGS PRINCESS:

Cut into small pieces a cup of white meat of left-over cooked chicken or turkey, skins, gristle, and fat removed. Then pound very fine, and stir into $\frac{1}{3}$ cup of *Velouté Sauce*. Rub the mixture through a purée strainer, in a small saucepan, and set over a slow fire. Add a few blanched mushrooms, chopped fine, stir until it bubbles, remove from the fire, season as needed, and stir in a few bits of butter.

Have ready 6 or 8 *Patty Shells*. Into each one pour a tablespoon of the hot mixture, then carefully introduce into each a poached egg prepared as above, and without breaking the yolk, divide the remaining hot mixture between the patties. Cover with pastry crust, and re-heat 2 minutes in oven. Serve in folded napkin.

Or, arrange egg and chicken mixture in *Case Shells* or in buttered *ramequins*, re-heat and serve.

EGGS MARIE LOUISE:

Arrange, in buttered glass oven gratin dish, a layer of minced chicken meat thoroughly mixed, with a *Cream* or *Allemande Sauce*, seasoned as needed. Place in a pastry bag with a star tube 1 pound of *Potato Croquette*

mixture, and force it through bag and tube to form one or two crowns around the dish. Arrange in center 6 poached eggs. Dredge over some grated Parmesan and Gruyère cheese, and some buttered crumbs, and bake till delicately amber-colored.

EGGS BENEDICT:

Split some English Muffins and toast them. Arrange over a hot dish, put on each a thin slice of broiled ham, and slip over each slice a poached egg. Pour over all a Cream or a Hollandaise Sauce to which a little Tomato Purée has been added.

EGGS CANADA:

Wash and wipe some firm, sound, ripe tomatoes, one for each service. Cut a slice off stem end, then, using a teaspoon, neatly remove center seeds and part of pulp to obtain a clean cup. Dredge inside a little salt, and drain on strainer 30 minutes, upside down. Sprinkle inside a little white pepper, turn into each cup a tablespoon of cream, slip in a fresh pullet egg, dredge over a few grains of salt and Cayenne and a teaspoon cream, then dredge over some grated cheese and buttered crumbs, and arrange in buttered shallow dish. Bake in hot oven 9 minutes.

EGGS MIRANDA:

Prepare 8 good-sized tomatoes as directed at "Eggs Canada." Substitute for the cream, divided between the tomatoes, the following hot mixture: Boil 2 onions till tender, drain, press out the liquor, and rub the onions through a purée strainer. Add 2 or 3 tablespoons of thick fresh cream, as much Tomato Sauce, a dash of salt and Paprika, and, while stirring until smooth, simmer a few seconds. Place a tablespoon of the onion-tomato mixture in each tomato, slip in a pullet egg, set over it a thin slice of truffle, and divide the remaining sauce between the tomatoes, pouring it over the eggs. Brush sides of tomatoes with oil, arrange them in buttered, shallow pudding dish, dredge over top some

grated Parmesan cheese and buttered crumbs, and bake in hot oven 9 minutes. Serve on circular French Croutons.

Different Ways of Serving Poached Eggs

Poached eggs on toast may be served with any one of the following sauces; Hollandaise, Bearnaise, Bechamel, Suprême, Cream, or Tomato, etc.

POACHED EGGS AND CORNED BEEF HASH:

Make Individual Corned Beef Hash (see recipe), and place on each dish a poached egg.

POACHED EGGS MARYLAND:

Arrange on a hot dish some poached eggs on toast. Mask them with a Cream Sauce. Set on each egg a fried slice of bacon, and garnish with Crisp Corn Fritters.

POACHED EGGS DAUPHINE:

Make a potato mixture as directed at "Puffed Potato II." Divide into balls the size of an egg, and press downward from top center to make cup-shaped. Roll gently in beaten egg and crumbs. Fry in hot, deep fat to a delicate golden color, and drain. Simmer a few minutes in $\frac{1}{3}$ cup of Velouté Sauce, to which has been added, all thinly chopped, a slice of cooked lean ham, a few blanched mushrooms, and a slice of truffle. Stir. Fill inside of hot, crisp potato cup with a poached egg and the Velouté mixture, and set over top a fancy thin slice of broiled ham. Serve at once, hot.

EGGS LEONTINE:

Place on a hot dish 6 French Croutons the size of the poached eggs to be placed on it. Mask each egg with 2 tablespoons of the following sauce, and serve at once.

Sauce: In a small saucepan, over the fire, reduce to one-half 2 tablespoons of Tarragon Vinegar, adding, while reducing, a shallot and a few mint leaves, very

thinly chopped. When cold add a few bits of butter and 3 egg-yolks, and, while beating constantly until the sauce is finished, set saucepan over a slow fire, adding very slowly, bit by bit, 3 ounces of best butter. Beat until thick and smooth. Garnish with parsley greens and pimentos.

POACHED EGGS CHESTNUT PURÉE:

Make a Chestnut Purée, pile it on a hot dish, place over it 6 poached eggs, and garnish on dish with buttered toast points.

EGGS MONTEBELLO:

Butter 6 small individual ramequins, and break into each a fresh egg. Put them in boiling salted water sufficient to cover, over the fire, adding a slice of lemon, and poach as above $3\frac{1}{2}$ minutes. Carefully drain the eggs on strainer and let cool. Mix 1 cup of cracker meal with 3 tablespoons of grated cheese. Carefully roll in the eggs, then roll in beaten egg seasoned with salt and pepper and lastly in bread crumbs. Fry to a delicate golden color in hot, deep fat, drain on brown paper, and serve at once in a folded napkin. Send in separately, in a boat, a Montebello Sauce.

EGGS CROQUETTE:

Cut into small dice 5 cold, hard-boiled eggs. Mix thoroughly with 2 fresh yolks of eggs, 4 tablespoons of a thick White Sauce 1, season as needed with salt and white pepper, and roll the size and shape of an egg. Roll gently in crumbs and beaten eggs, and in crumbs again. Fry in hot, deep fat to a delicate golden color. Serve over a hot Cream Sauce. Garnish with a few capers and figures cut out of a pimento, and toast points.

SCRAMBLED EGGS:

Break 6 eggs into a bowl. Add 1 teaspoon of cold water, $\frac{1}{2}$ teaspoon of salt, and a very small dash of Cayenne. Beat the eggs nearly a minute with a carving fork. Put in a small saucepan about 2 ounces best butter,

cut in pieces, set in a pan holding simmering water over a slow fire, and, as soon as the butter has begun to melt, stirring constantly with a wooden spoon, add the eggs. Continue to stir until they begin to thicken, or till of nearly right consistency, then remove from the fire, still stirring. The heat of the pan will be sufficient to finish the cooking, as the finished article should be smooth and of blended tints. Arrange the mixture over buttered toast and garnish with toast points.

SCRAMBLED EGGS AND CHEESE:

Same as preceding recipe, except when the eggs begin to thicken, add 2 tablespoons of grated cheese. Serve as above.

SCRAMBLED EGGS WITH MUSHROOMS:

Slice some drained canned mushrooms. Simmer these a few minutes in a little melted butter, and add them to the cooking scrambled eggs as above just before they begin to thicken. Finish and serve same as Scrambled Eggs.

SCRAMBLED EGGS AUX FINES HERBES:

Chop, very thinly, 1 tablespoon of parsley, 1 teaspoon of chive, 1 teaspoon of chervil, and a taragon leaf. Add this to the beaten eggs $\frac{1}{2}$ hour before cooking them as directed at "Scrambled Eggs." Serve as there directed.

If desired, use the white parts of green onions instead of chive, and simmer these a few minutes in a little melted butter over a slow fire before adding them to the eggs.

SCRAMBLED EGGS AND HAM:

Cut up into very small dice, a slice or two of cold boiled ham, fat and skin removed. Simmer over a slow fire in a little melted butter until slightly amber-colored. Add to a cooking scrambled-egg mixture, just as it begins to thicken. Finish as for Scrambled Eggs, and serve the same.

SCRAMBLED EGGS WITH LEFT-OVER MEAT:

Take two or three slices of cold left-over chicken, mutton, or veal, cut into small slices, skin, gristle, and fat removed, and proceed as in recipe above.

SCRAMBLED EGGS AND VEGETABLES:

Add to a cooking scrambled-egg mixture made as above, just as it begins to thicken, any one of the following blanched vegetables previously simmered over a slow fire in a little melted butter until they have absorbed all the butter, and seasoned as needed: Asparagus tips cut into dice, string beans cut into lozenges, very small flowerets of cauliflower, green peas, diced artichoke bottoms, etc.

SCRAMBLED EGGS WITH LEFT-OVERS:

If on hand any left-over cooked brains, sweetbreads, crab, lobster, shrimps, or cooked fish, proceed with them as directed at "Scrambled Eggs with Left-Over Meat."

SCRAMBLED EGGS. LIVINGSTON:

Scald and skin 2 medium-sized, firm, ripe tomatoes, and cut into dice. Dredge with a little salt. Drain on strainer 15 minutes, removing most of seeds. Simmer a few minutes in a little melted butter, dredging over a dash of Paprika. Add to scrambled eggs prepared as directed above, just as they begin to thicken, and finish cooking the eggs as above. Spread some Pâté-de-foie-gras over French Croutons and arrange over them the scrambled eggs. Dredge over top a slice of pimento cut into small dice that have simmered a few minutes in melted butter.

SCRAMBLED EGGS AND BANANAS:

Simmer a few minutes, in 2 tablespoons of melted butter, 2 peeled bananas, stringy parts removed and cut into dice. Turn into some cooking scrambled eggs just as these begin to thicken, and finish and serve as di-

rected above, leaving out the pepper. Use very little salt, and, at option, add a little sugar and a few drops of lemon juice.

EGGS GRAND DUC:

Butter slightly a large gratin dish that can go into the oven and on the table. Arrange around dish near the border alternate slices of boiled ham and cured tongue, cut in medallion shape and sauted in a little melted butter until slightly amber-colored, alternating with a few asparagus tips. On center arrange a layer of asparagus tips that have simmered in a little melted butter. Pour over a *Suprême* or Cream Sauce, to mask ham, tongue, and asparagus; then arrange in center, over the asparagus, some poached eggs. Dredge over the whole grated Parmesan and Gruyère cheese, mixed. Sprinkle over this some fine buttered bread crumbs, and bake in a hot oven 4 minutes. If desired, garnish with stuffed or blanched mushrooms.

EGGS VALDIMIR:

Proceed as directed at "Eggs Grand Duc," only arrange around the poached eggs some parboiled oysters; and also, if desired, alternate, near the border of the dish, the tongue, ham, and asparagus with some shelled shrimps.

EGGS DE LESSEPS:

Arrange on a buttered gratin dish some thickly sliced calf's brains that have been cooked as directed at "Boiled Calf's Brains." Break over this some fresh eggs, sprinkle over a little salt and pepper, and pour on top a little melted butter. Bake 10 minutes or till nearly firm, remove, pour over a very hot Brown Butter Sauce, garnish around with Fried Crisp Parsley, and serve at once on the same dish.

SHIRRED EGGS:

Butter some small special individual glass oven china dishes or ramequins. Break into each 1 or 2 fresh eggs,

according to size of dish. Dredge over a few grains of salt and white pepper, and dot with some small bits of butter. Cook in a pan of hot water in the oven on top grate where the heat is the greatest. Baste the yolk with a little melted butter so as to form a film, and cook until the white is firm. Occasionally the buttered baking dish is dredged with buttered crumbs, and the eggs are then added to dish and dredged over with a little salt, pepper, grated cheese, and buttered crumbs, and baked.

Recipes for Omelets

There are two kinds of foundation omelets, the Puffed Omelet, best suited for sweet omelets, which will be discussed in a later section, and the French Omelet, which is preferred by gourmets as the main course at breakfast or luncheon, as a substitute for meat. The French Omelet, occasionally combined with cooked meat, vegetables, or other ingredients, is usually made by beating the eggs with a carving fork, with a very little water added, seasoned with salt and pepper as required, about a minute, or just enough to thoroughly break their texture. Occasionally, when a more bulky mixture is desired with the same quantity of eggs, the yolks and whites of the eggs are beaten separately.

FRENCH OMELET:

If directions are followed carefully, it will not be difficult, even for the inexperienced cook, to turn out a nicely shaped omelet that will have a high center, neat pointed ends, and a smooth surface, slightly golden-browned.

It is very important to have a special Omelet Pan of large size with thick bottom and a rather high, slightly hollow border. The Omelet Pan is never washed inside by the good cook, but if necessary to use pan for other purposes it should be washed, scalded and wiped until perfectly dry, then the bottom and sides polished with oil, and the pan hung up until used.

Never attempt to make an omelet with more than four eggs, or, at the most six, where the pan is extra large.

Method: Break 4 eggs in a bowl, add $\frac{1}{3}$ teaspoon of salt, a very small dash of Cayenne and a teaspoon of cold water, then beat with a carving fork nearly a minute. Do not use cream or milk as this alters the fresh egg flavor.

Wipe the pan with a clean dry cloth and set it over a moderate fire. Eggs are better when cooked at a low temperature. For each egg add 1 tablespoon of butter. Heat the bottom of pan evenly over the fire, running the melting butter over surface.

As soon as the butter is melted and hot, but not colored, pour in the eggs over bottom of pan. When the omelet begins to adhere to bottom of pan, with a fork carefully pick or stir the uncooked part, keeping it constantly in motion until creamy. Care must be taken not to interfere with surface adhering to bottom of pan or omelet will be ruined. While cooking in this manner, turn all the parts of pan bottom over the fire successively so that omelet may cook evenly and assume a very light golden-brown color.

When creamy, before it gets too firm, with a flexible palette fold omelet from handle over center and from center onto hollow border of pan, and shape pointed ends and high center. Set pan a few seconds over the fire, then, holding the serving dish with left hand, take pan handle with the right, bring the omelet in pan and the dish to an angle, and with a swift motion turn the omelet over center of serving dish. Wipe pan with a dry cloth and hang.

OMELET AND HAM:

Simmer $\frac{1}{4}$ cup of boiled diced ham, freed of fat, gristle, and skin, a few minutes in a little melted butter without allowing it to color the least. Spread this over an omelet made as above, just before folding it. Serve with toast points.

OMELET WITH GREENS:

To 4 eggs in a bowl add, all very thinly chopped, 1 tablespoon of parsley, 1 teaspoon of chive, and, if avail-

able, a taragon leaf, and a sprig of chervil. Add salt and pepper as needed and a teaspoon of water, beat 1 minute with a carving fork, and let stand $\frac{1}{2}$ hour before making omelet as above. If chive not at hand, simmer for a few minutes, in a little melted butter, a very thickly chopped shallot and add it to eggs before making omelet.

OMELET WITH CHEESE:

Make omelet as directed, and, just before folding it, dredge over 2 tablespoons of grated cheese.

VEGETABLE OMELET:

Prepare and simmer the vegetables in melted butter as directed at "Scrambled Eggs with Vegetables," and, just before folding the omelet, spread the vegetables over it.

OMELET WITH LEFT-OVER MEAT:

Prepare and dice the meat, and simmer for a few minutes in melted butter, as directed at "Scrambled Eggs with Left-Over Meat." Add to a French Omelet just before folding it. If the meat used is ham, corned beef, or cured tongue, add very little salt to the eggs, or none at all.

OMELET SPANISH:

Make an omelet as directed at "French Omelet," and, before folding it, arrange over center a Spanish Sauce; if the sauce is too liquid, drain liquor. If desired, pour around the served omelet the remaining Spanish Sauce.

OMELET CREOLE:

Same as above, only substitute a Creole Sauce for the Spanish Sauce.

OYSTER OMELET:

Parboil some oysters as usual, and drain. Remove tough part of oysters and cut into small, even pieces. Arrange over center of a French Omelet just before

folding it. Garnish dish with sections of lemon, and parsley. Pour around omelet a White Sauce made of $\frac{2}{3}$ cup of cream and $\frac{1}{3}$ cup of oyster liquor.

SHRIMP OMELET:

Cut some shelled shrimps into dice, simmer a few minutes in a little butter till thoroughly heated and the butter is absorbed, and arrange on center of a French Omelet before folding it.

CRAB AND LOBSTER OMELET:

Substituting crab or lobster meat for shrimps, proceed as in preceding recipe.

MUSHROOM OMELET:

Sauté some mushrooms as directed at "Mushrooms Sautéed," and turn over a French Omelet just before folding it.

POTATO OMELET:

While cold cut 2 peeled boiled potatoes in four, and thinly slice across. Sauté in 1 ounce of hot melted butter over a moderate fire, while dredging over a little salt and white pepper, turning them over occasionally until the butter is all absorbed, and taking care that they do not color. Arrange on center of a French Omelet just before folding it.

SWEET PUFFED OMELET FOUNDATION:

Never attempt to make a Puff Omelet with more than four eggs; if more bulk is desired, make several small omelets. The instructions regarding care of a smooth thick-bottomed Omelet Pan should be followed in the case of "Puffed Omelet."

Separate the yolks and whites of 4 eggs, and beat the yolks until thick and lemon-colored. Continue beating while adding to each egg-yolk 1 or 2 tablespoons of sugar. Beat until light and creamy. If the omelet is not to be sweetened, add, for each egg-yolk in omelet, while beating

the creamed yolk, $\frac{1}{4}$ tablespoon of hot water or milk and a pinch each of salt and pepper. To the 4 egg-whites in a bowl, add a dash of salt and beat to a very firm, dry froth. Pour the yolk mixture over the whites, and fold into the egg-whites until it forms a homogeneous mass. Heat the omelet pan and add 2 tablespoons of clarified butter. When melted and hot, but not colored, add the egg mixture and spread evenly in the pan. Cook over slow fire, for the first few minutes turning pan around so it may cook evenly, or till the bottom has attained a slight uniform golden color, which can be ascertained by very carefully lifting, with a flexible palette, part of the omelet close to the border.

Place on the top grate of a moderate oven, that is, the hottest point in the oven, as the under part of the omelet is already browned, then bake to a finish, or until omelet is dry and firm to the touching or pressing finger.

To fold omelet cut the puffed omelet through the center, lift the handle, and, using a flexible palette, detach omelet near handle, and let omelet fall into shape, covering the other half of the omelet. Bring omelet to an angle with serving dish, and, with a swift, short motion, invert over onto hot dish and serve at once.

Sweet omelets are usually dredged with powdered sugar.

BERRY OMELET:

Sweeten with sugar to suit the taste, some fresh strawberries or blackberries, etc., removing hulls, if any. Crush slightly and let stand in a warm place until the juice is drained. Drain about two-thirds of the berries. Arrange the drained berries over center of a Puffed Sweet Omelet just before folding it. Shape, invert onto a hot dish, dredge over omelet some powdered sugar, and pour remainder of berries and juice around the omelet.

JELLY OMELET:

Turn $\frac{1}{2}$ glass of jelly into a bowl, add $\frac{1}{3}$ teaspoon of lemon juice; and using a table fork, break jelly and

arrange it on center of a Sweet Puffed Omelet just before folding it. Shape and invert over a hot dish, and dust with powdered sugar.

FRUIT OMELET:

Rub some ripe bananas or other soft fruit through a purée strainer. Sweeten the pulp with sugar as needed, and spread it over center of a Sweet Puffed Omelet just before folding it. Shape, invert onto a hot dish, and dredge with powdered sugar.

OMELET CELESTINE:

Make 6 small individual Sweet Puffed Omelets of 2 eggs each. Spread over center of each one a different kind of either jelly, jam, marmalade, or Cream Filling, just before folding. Shape, arrange on a very hot dish, and dredge with powdered sugar.

LEMON OMELET:

Beat 4 egg-yolks until fairly thick. Continue beating while adding 2 tablespoons of sugar. Beat till light and creamy, adding the grated rind of a lemon. To 4 egg-whites in a bowl add $\frac{1}{4}$ teaspoon of salt and beat to a firm froth that will bear an egg. Fold in first mixture. Melt 2 tablespoons of butter in an Omelet Pan set over a slow fire, turn in the egg-mixture, and cook and bake as directed at "Sweet Puffed Omelet." Shape and invert over a hot dish and serve at once with the following sauce: To 3 heaping tablespoons of sugar add the juice and grated rind of a lemon, and 2 beaten eggs. Cook and stir in a double boiler until thick, and before serving, beat in a few bits of butter.

CHAPTER VII

HORS D'ŒUVRES

LUNCHEON and dinner are usually served with *hors d'Œuvres*, namely, relishes or appetizers.

Special attention and care should be given the preparation of these delicacies, that they may appeal to the eye as well as the taste. Choice ingredients only should be used, very fresh when served raw, and, cooked or raw, the finished article should be perfect as to succulence and seasoning. All require more or less tasteful arrangement and decoration.

Hors d'œuvres may be divided into three classes:

(1) Appetizers such as fruit cocktails or bivalve cocktails, the latter including raw oysters, clams, etc., also canapés, all of which are usually served in the reception room, but occasionally arranged tastefully on the table before the seating of guests.

(2) Raw oysters or clams served on half-shell over broken ice; chilled half-section of prepared, sound, ripe cantaloupe or muskmelon; and chilled prepared half-cut of grape fruit, seeds and most of white substance neatly removed, each half set in a nest of green leaves and occasionally flavored with a tablespoon of sherry. These are arranged over the table before the seating of the guests, and begin the meal.

(3) Olives; chilled prepared crisp celery, gashed to curl; radishes, salted almonds, etc. These are passed between courses.

Preparation of Radishes for Garnishing and Hors d'Œuvres

Wash and soak small, firm, heavy, crimson radishes, and drain. Using a small sharp knife, make a circular incision at about one-sixth of an inch from stalk, above this neatly peel off the skin to the stalk, then cut off the root-end with a thin slice. Score in the skin four even sections from the tip close to the circular peeled part

near the stalk. Carefully loosen the sections without detaching them, then cut the stalk within two or three inches of the radish, leaving on the center tender leaves. The radish thus prepared will look like a flower. Soak for an hour in iced water before serving over broken ice.

FRUIT COCKTAIL:

Peel 6 strawberry peaches, cut them into dice, and combine this with the pulp and juice of 2 oranges, cutting the best part of the pulp into dice. Season as needed with bar sugar. Chill thoroughly, and serve in double cocktail glass over shaved ice. If desired, set over top center a candied cherry. Garnish with leaves.

Or, cut into dice the pulp of a firm, heavy grape fruit, and also dice nearly twice as much drained canned pineapple as grape fruit. Combine the two, add some of the pineapple liquor, sweeten to taste, and serve as directed above. If desired, add the juice and diced pulp of an orange.

Or, to any one of above cocktails add thickly sliced, sound, firm, ripe strawberries; or combine one part of grape fruit cut into dice with two parts of diced orange pulp. Sweeten as needed and serve as above.

How to Keep Olives

When opening a can of olives, turn the olives and liquor into a fruit jar, pour in about $\frac{1}{3}$ cup of oil, or just enough to have on top an oil thickness of $\frac{1}{4}$ inch, then seal. The oil thus used is not lost, as the water may be eliminated by boiling till it has all evaporated.

SALTED ALMONDS:

Use $\frac{1}{2}$ cup of plump blanched almonds. Heat 4 tablespoons of oil in a bright, small frying-pan over a moderate fire, turn about 12 almonds into the hot fat, and stir constantly with wooden spoon until golden-brown colored, keeping the almonds constantly moving. Using a skimmer, drain on brown paper, and dredge with fine salt. Repeat with small quantities of almonds.

CANAPÉ TOAST:

Slice stale sandwich bread $\frac{1}{4}$ inch thick. Toast to a nice, crisp, even golden-brown color on both sides. Cut with a fluted cutter in discs of nearly 3 inches in diameter, or cut into strips $3\frac{1}{2}$ inches long and $1\frac{1}{2}$ inch wide. Dip one side into melted butter in a saucer, then spread on the desired seasoned mixture.

GARNISHING OF CANAPÉ, with Hard-Boiled Eggs and Olives:

Separate the yolk and white of hard-boiled eggs and chop separately. Then arrange over prepared canapé rings of hard-boiled eggs, with whites and yolks alternating.

Or, rub the yolks and whites of hard-boiled eggs through a purée strainer, adding a piece of butter. Season as needed with a little salt and pepper, and spread it over the prepared canapé.

Or, arrange the eggs as a border in circle.

Occasionally canapé are garnished with sliced stuffed olives or with olives cut in half lengthwise, pits removed, and the cavities filled with the same seasoned mixture that has been spread over the canapé.

CAVIAR CANAPÉ:

Prepare some Canapé Toast as directed above. Spread over each piece of toast, buttered, a tablespoon of caviar, and sprinkle thickly with chopped yolk of hard-boiled eggs. Make a ring border with chopped egg-white. If preferred, mix egg-whites with chopped parsley.

SARDINES CANAPÉ:

Remove skins and bones of drained canned sardines. Add a piece of best butter and rub through a sieve. Stir in, all very thinly chopped, 1 teaspoon parsley, and a little chive, season with a drop of Tabasco and a few drops of lemon juice, and salt as needed. Mix thoroughly, spread over Canapé Toast prepared as directed, and garnish with hard-boiled eggs as above.

CHEESE CANAPÉ:

Prepare some Canapé Toast as directed above, arrange to toast them brown but soft in the center. Dip one side in melted butter in a saucer, dredge some grated cheese thickly over buttered side, season with a few grains of salt and white pepper, and place over each one a bit of butter. Bake until cheese is creamy.

SMOKED HERRING CANAPÉ:

Turn a smoked herring into boiling water, simmer 5 minutes, and drain. Remove skin and bones, rub through a purée strainer, and prepare same as Sardine Canapé above, leaving out the salt.

**CREAMED CRAB, LOBSTER, OR SHRIMPS
CANAPÉ:**

Thinly chop one cup of either crab, lobster, or shrimp meat. Mix thoroughly with 3 tablespoons of a Thick White Sauce II. Season as needed with a little salt, a few grains of Cayenne, and a few drops of lemon juice. Spread over Canapé Toast prepared as above, dredge over grated cheese, dot with small bits of butter, and bake until cheese is soft.

MEAT OR FISH CANAPÉ:

Chop fine some cooked fish, chicken, veal, etc., and, with it, proceed as directed in preceding recipe. If desired, make a border on the toast with seasoned, stiff-beaten egg-whites, placing the fish or meat mixture in center. Bake to a golden color in a hot oven.

Preparation of Sandwiches

The bread for sandwiches should be a day old and sliced as thin as possible. Remove crust, which, with the trimmings, can be dried for crumbs to avoid waste. The butter should be creamed and is occasionally seasoned with powdered mustard, a drop of Tabasco, or a few drops of lemon juice, as the case may require.

Butter all the slices, spread the filling on one side of the two slices forming the sandwich, cover with a

buttered slice, and, with a sharp knife, cut into triangular shapes.

When the sandwiches are to be cut with circular fluted cutter, it should be done before spreading the mixture, and in this case the bread should be of a fine grain. When the sandwiches are prepared some hours before being eaten, they should be wrapped in paraffine paper or in a napkin and kept in a cool place. Occasionally creamed butter is worked in with the meat or fish paste, then, as needed to harmonize with the particular article used, add alone or in combination, powdered mustard, a drop of Tabasco or lemon juice, chopped parsley, chive, taragon, or onion juice.

Tongue, ham, veal or chicken, very thinly sliced, are placed between crisp lettuce leaves and seasoned with a few grains of salt and pepper, occasionally spread with a little Mayonnaise or a very little French Mustard, or the meats, cut into small pieces, are pounded to a paste, the yolks of hard-boiled eggs added, with a little thick cream, seasoned with salt and pepper to suit taste, and rubbed through a purée strainer, flavored, if desired, with same ingredients as above.

Canned sardine-anchovies are also pounded to a paste, seasoned to taste with a little lemon juice or a drop of Tabasco, or both. This paste is often added to chopped hard-boiled eggs and thinly chopped parsley and chive. Or, a savory butter may be used, made as directed at any of the following recipes: Lobster, Crab, Shrimp, or Anchovy Butter. Often graham-bread sandwiches are preferred. To avoid waste when making graham sandwiches in fancy shape, cut the bread lengthwise instead of across.

LETTUCE SANDWICHES:

Place dry, tender lettuce leaves between buttered slices of bread. Spread each leaf with a little Mayonnaise, trim off the crusts, and cut sandwich into triangulars.

EGG SANDWICH:

Mix thinly chopped hard-boiled eggs with a little Mayonnaise. Season as needed with salt and pepper.

Arrange over crisp lettuce leaves between buttered slices of bread, trim off crust, and cut sandwich into triangulars.

ANCHOVY SANDWICH:

Rub through a sieve the yolks of hard-boiled eggs. Mix thoroughly with some Anchovy Butter, as directed at recipe. Arrange over crisp lettuce leaves between buttered slices of bread. Cut into shape as above.

LOBSTER SANDWICH:

Chop lobster-meat marinade in a French Dressing. Arrange over crisp lettuce leaves between buttered slices of bread. If desired, spread over lobster mixture a teaspoon of Mayonnaise. Cut into shape as above.

NUTS AND CHEESE SANDWICH:

Pound some walnut meats to a paste, mix with grated cheese, and season as needed with fine salt.

CLUB SANDWICH:

Arrange crisp lettuce leaves between buttered slices of bread, and add any of the following, thoroughly cold: a broiled slice of bacon, a fried egg turned over, or a poached egg. Spread with a little Mayonnaise and cut into shape as above. Occasionally a thin slice of white chicken meat is substituted for bacon.

WINDSOR SANDWICH:

Cut into small pieces some cooked white chicken meat, and as much boiled lean ham or pickled tongue. Pound these to a paste, adding 2 or 3 anchovies. Rub through a sieve, then mix with a little Mayonnaise. Arrange crisp lettuce leaves between buttered slices of bread and spread mixture over leaves. Cut into shape as above.

APPLE BUTTER FOR SANDWICHES:

Peel, quarter, core, and slice tart apples to obtain 1 quart. Put in a kettle over the fire in a scant pint of

water and boil until tender. Rub through purée strainer. To each cup of pulp add $\frac{1}{2}$ cup of sugar and 1 tablespoon of lemon juice. Bring to a bubble and simmer over a slow fire until a drop will retain its shape. Skim as needed. Put cold water in an agate-ware pan, turn water out, spread the apples in a layer nearly an inch thick. Let cool, then set in the sun a few days or until dry. Wrap in wax paper, and reserve to spread between buttered slices of bread.

CHAPTER VIII

SALADS

General Directions and Food Value

THE food value of all the ingredients entering into salads has been discussed in former articles. The greens furnish the mineral salts needed by the human system as a blood purifier. The same is true of the fruits, which contain, in different proportions, mineral salt, sugar, and acids.

All these salads are included advantageously in the meal, to add bulk to stimulate or facilitate its digestion. The combination salad furnishes some of the principles mentioned above, and also the carbohydrates in the form of fruits, starchy vegetables, and sugar. The protein is supplied in the form of eggs, nuts, cheese, fish, or meat; and portions of these ingredients added to the different rich salad dressings of oil or butter and eggs make a substantial first or main course of a luncheon, while the green salads can be added to a light salad dressing, such as French or Vinaigrette, to be served with meat in a heavy meal.

Take care to select judiciously materials entering into a plain combination salad as required by the family needs. Never use ingredients in a salad that have already been entered in another form as a course or part of a course.

Originally, the salads were limited mainly to those made of green foods, but their appearance on the table has been so pleasing that in the last few years they have been made in an endless variety of combined foods, such as vegetables, fruits, nuts, meat, fish, eggs, oil, clear broth, gelatine, aspic, jellied consommé, etc., thus giving wide opportunity for utilizing all left-overs. Of course care must be taken to combine judiciously and harmoniously, as for instance, if a meal is served lightly with meat, a salad with nuts should be entered, or, as cauli-

flower, artichoke bottoms, and asparagus tips are vegetables that can be served with the same sauce, whether it be a Muslin, Hollandaise, or Mayonnaise, these vegetables served with a Cream Mayonnaise or Mayonnaise Chantilly form a harmonious combination.

Render all salads appealing both to the eyes and palate. It is indispensable that salads be seasoned or flavored to the point that will render them pleasing to the palate, and they should always be tested by taste when finally assembled or before giving the last dainty touch of arrangement. They should also always be harmoniously artistic in appearance in order to excite the appetite and bring pleasure and delight to the eye.

As a rule all salads are served as cold as possible. The uncooked vegetables should always be strictly fresh and assembled chilled, crisp, and dry just in time to serve, as else they wilt. Often articles used in salads are marinated in a French Dressing. These include diced cooked meat or flaked cooked fish, or fresh cooked or left-over vegetables. Mayonnaise is often mixed with these marinated ingredients and the mixture is covered with a coating of Mayonnaise.

The garnishing ingredients consist mainly of crisp, dry leaves of lettuce that are arranged in nest shape around the salad, occasionally placing over top a small, tender center of lettuce-heart; also white, green, or stuffed olives, jellied croutons, capers, hard-boiled eggs cut into sections or sliced, or occasionally chopped whole. Often the whites and yolks of hard-boiled eggs are chopped separately and arranged in separate piles or rings, etc., and figures or strips may be made of pimientoes, chopped green peppers in rings, or figures cut out of beets, slices of sour or sweet pickles, etc., may be utilized artistically.

ONION FLAVOR:

An onion flavor may be added to a salad by putting a few drops of onion juice in the dressing, and occasionally for this is substituted a little very thinly chopped chive or the white tender part of a green onion.

FRUIT SALADS:

A fruit salad with a light dressing may be served with meat. Fruit salads, served with a fruit salad dressing, or with a boiled sweet dressing, or with cream, or with slightly sweetened whipped cream are occasionally served with plain cake to take the place of both salad and dessert.

Cooking Vegetables for Salads and Using Canned Products

All cooked vegetables used in salads should be done tender-crisp. Blanch vegetables such as cauliflower, artichokes, asparagus, or string beans until tender, adding a slice of lemon to the boiling vegetables.

When utilizing canned vegetables, open cans and drain contents. At once immerse in cold water, and lift out; let water run out, immerse again in fresh cold water, and let stand about 5 minutes. Thoroughly drain and wipe between towels. This is to remove the can flavor. But occasionally, for such canned vegetables as artichoke bottoms that have a hard texture, carefully drain from can, then rinse, place in a kettle over the fire in enough boiling water to cover, and boil a few seconds or simmer longer, if necessary, to break the fibers. It is nearly always desirable to flavor or season the ingredients in a salad by allowing them to stand awhile, usually 30 minutes or longer, in a cold place in a French Dressing, stirring or turning over as texture of article may require. This is what is called marinating.

When using different vegetables that are to be arranged in separate piles or rings, for alternating as to color, marinate these separately.

Olive and Vegetal Oils

The prevailing high price of pure olive oil has brought about the use of good vegetal oil in salad dressing. Use 1 tablespoon of olive oil with each 3 tablespoons of vegetal oil, as a substitute for all olive oil, and the resulting salad dressing will be acceptable, and the food value of the substitute practically the same as the pure olive oil.

Food Value of Green Salad

The green leaves of vegetables are rich in mineral salts and lacking in starch. Among these vegetables are lettuce, romaine, endives, dandelions, etc.; but these contain also a substance called "Fat Soluble A," which is greatly needed by our system, and make of green salads a necessity as well as a luxury, as these, combined with good refined vegetal or olive oil, make a wholesome food served with cheese crackers.

These green salads should be served at luncheon or at dinner at least three or four times a week, preferably with a heavy meal, reserving the heavier salads for lighter meals.

GREEN SALAD:

A green salad should be cold and crisp and the moisture thoroughly shaken off the leaves, else the dressing will not cling to the leaves and will run to bottom of bowl. As soon as the lettuce, romaine, or endive, etc., are obtained, place them in a cheese-cloth, dredge with cold water, and hang in a cold place.

To prepare, cut off the root, remove and discard the tough outside leaves, then running cold water over the lettuce head separate the leaves, wash carefully in several waters, swing in a cheese-cloth or wire basket to free them of moisture, enclose in a doubled dry, clean cloth, and reserve in the refrigerator box until needed. The French Dressing, made as directed below, should be thoroughly blended and carefully proportioned in oil, vinegar, and seasoning. There should be just enough dressing poured over the leaves so that all the surface will be covered or moistened with the dressing, leaving no excess dressing running at the bottom of the mixing bowl.

For a garlic flavor, rub bowl with a section of garlic before the mixing, or place in center of green salad before the mixing a "chapon," which consists of a piece of crust cut off the corner of a stale loaf of white bread rubbed with garlic.

When the salad is dressed at the table, dredge over the salt and pepper, add the oil, mix thoroughly, then

dredge over the vinegar or lemon juice, and mix again. Take care not to add the vinegar before the oil, else it will wet the leaves and the oil will not cling to the leaves, and consequently, will run to bottom of the bowl.

Savory Vinegar Helps to Make Salad Delicious

Prepared varieties of vinegar, which are always good to have on hand to add flavor to salads, are made as follows:

Taragon Vinegar: Put into a pint bottle $\frac{1}{2}$ cup of taragon leaves, fresh or dried. Fill the bottle with white wine or cider vinegar. Cork bottle and allow it to steep a few days before using.

Chervil Vinegar: Using one cup chervil leaves, proceed as directed for "Taragon Vinegar."

Garlic Vinegar: Separate the sections of a head of garlic. Peel and slice. Put in a pint bottle filled with vinegar. Cork, and let steep one week, strain, and reserve in corked bottle.

FRENCH DRESSING, I:

Put in a half-pint clean, dry milk bottle 4 tablespoons of olive oil. Add $\frac{1}{2}$ teaspoon of fine salt and $\frac{1}{3}$ teaspoon of mixed pepper that should either be Paprika or fresh, thinly ground, whole black pepper, and a scant tablespoon of Taragon Vinegar or a teaspoon of lemon juice. Blend it thoroughly by shaking the bottle, sealed, a minute; then pour over crisp, chilled, dry lettuce leaves, and mix. For a more savory dressing add a few drops of onion juice, and very thinly chopped, a teaspoon of parsley, a teaspoon of chive, and 2 taragon leaves.

FRENCH DRESSING, II, or Savory Dressing with Refined Vegetal Oil:

Blend and chill one hour before needed, in a half-pint milk bottle, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of mixed black pepper and Paprika, a scant tablespoon of Taragon Vinegar, 5 tablespoons vegetal oil, $\frac{1}{3}$ teaspoon of onion juice, a drop of Tabasco and 4 of Worcestershire

Sauce. Add the following, all very thinly chopped, a teaspoon each of parsley and chive, and if available, a few tarragon leaves and a little chervil, also chopped. If desired, also add a section of garlic, this to be removed before mixing the salad. Seal bottle and shake vigorously for a minute just before mixing.

CHEESE DRESSING:

Grate a piece of cheese, the size of a walnut, using Roquefort, Parmesan, Gruyère, American, or Edam cheese. Mix it with 5 tablespoons of oil and 1 of vinegar. Put in a bowl $\frac{1}{6}$ teaspoon of salt, 3 grains of Cayenne, a dash of Paprika, and $\frac{1}{6}$ teaspoon of fresh ground, black pepper. Blend the two mixtures thoroughly.

VINAIGRETTE DRESSING:

Enclose in a cloth 1 green sour pickle and 6 capers, and squeeze out the liquor. Chop fine, and add, also thinly chopped, 1 tablespoon of parsley, a teaspoon of chive or the tender parts of 2 green onions, and a tarragon leaf. Add these to a French Dressing I. Occasionally, thinly sliced green olives are added.

MUSTARD DRESSING:

Put a tablespoon of Tarragon Mustard in a bowl. Stir in $\frac{1}{6}$ teaspoon of salt, a dash of black pepper, 2 tablespoons of oil, and 2 drops of Tarragon Vinegar.

THOUSAND ISLAND DRESSING, I:

Have ready $\frac{1}{3}$ cup of Mayonnaise in a cold bowl. Stir in, gradually, $2\frac{1}{2}$ tablespoons of oil, 1 teaspoon of lemon juice or Tarragon Vinegar, 3 tablespoons of chili sauce, and, thinly chopped, 2 tablespoons of pimientos and a tablespoon of olives. Season as needed with salt.

THOUSAND ISLAND DRESSING, II:

Blend 1 teaspoon of salt, $\frac{1}{2}$ cup of olive or good refined vegetable oil, $\frac{1}{4}$ teaspoon each of Paprika and

fresh ground black pepper, a drop of Tabasco, $\frac{1}{5}$ teaspoon of best Taragon Mustard (failing this omit the mustard), a few drops of Worcester Sauce, 1 tablespoon of Taragon Vinegar, a section of garlic, to be removed before mixing salad. Then add the following, all thinly chopped: 1 hard-boiled egg-yolk, 2 slices of pimento, 1 tablespoon of parsley, 1 teaspoon of chive, the white part of a green onion or a teaspoon of onion juice, and 3 green olives. Put all in a pint milk bottle, seal, and shake vigorously. Let steep 3 hours in a cold place. Shake vigorously before mixing in salad.

Use with vegetables and with shredded lettuce, romaine, endive, etc., and by adding diced tomatoes to the lettuce, romaine, endive, etc., it will give a Chiffonade Salad.

THOUSAND ISLAND DRESSING, III, or Fruit Dressing:

Put into a glass preserve jar $\frac{1}{2}$ teaspoon of salt, a dash of Paprika, 2 grains of Cayenne or a drop of Tabasco, a dash of dry mustard, $\frac{1}{2}$ teaspoon of Worcester sauce, 6 tablespoons of oil, 1 tablespoon of onion juice, 2 tablespoon each of lemon and orange juice, and, all very thinly chopped, 3 walnuts, 3 green olives, and a tablespoon of parsley. Shake vigorously before mixing with prepared vegetables such as cooked asparagus, cauliflower, artichokes, spinach, or over shredded lettuce, romaine, diced tomatoes, etc.; also, often served with fruits.

THOUSAND ISLAND DRESSING, IV:

To a Cream Mayonnaise I, add $\frac{2}{3}$ tablespoon of Taragon Vinegar, a dash of Paprika, and a drop of Tabasco or a few grains of Cayenne, and, all thinly chopped, 1 teaspoon each of chive, chervil and parsley.

LOUIS DRESSING, I:

To $\frac{2}{3}$ cup of thick Mayonnaise add $\frac{1}{3}$ cup of Chili sauce and a tablespoon of thick, fresh cream; and, thinly chopped, 1 tablespoon each of pimento and green pepper.

LOUIS DRESSING, II:

Just before serving stir in $\frac{2}{3}$ cup of a thick Mayonnaise, $\frac{1}{3}$ cup of Chili sauce, $\frac{1}{3}$ cup of whipped cream, and 1 tablespoon each of thinly chopped green pepper and pimento.

LOUIS DRESSING, PLAIN:

Put in a half-pint fruit jar, 5 tablespoons of oil, 1 tablespoon of Taragon Vinegar, $\frac{2}{3}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of Paprika, and as much fresh ground black pepper, a few drops of Worcester Sauce, 1 teaspoon of onion juice, and 3 tablespoons of Chili sauce or catsup. Seal bottle and shake vigorously. Pour over chilled oysters, mussels, shrimps, lobster, crab, etc.

MAYONNAISE, I:

Rub a bowl with a section of garlic. Mix, in the chilled bowl, $\frac{2}{3}$ teaspoon of salt and a dash of Cayenne. Although not desirable as to flavor, a dash of powdered mustard will be a help in making the Mayonnaise. Add an egg-yolk, and beat, in a circular manner, until thick and creamy. Continue beating, and add slowly a few drops of lemon juice or Taragon Vinegar. When thick, still beating in the same circular manner, add, drop by drop, 1 teaspoon of oil. A large egg-yolk absorbs one cup of oil. Continue to beat while adding very slowly, more oil. When it gets too thick, add $\frac{1}{3}$ teaspoon of lemon juice or vinegar. Use in all about $\frac{2}{3}$ of a cup of oil and $1\frac{1}{2}$ tablespoons of vinegar. The finished Mayonnaise should be thick enough to hold its shape.

When done beat in a tablespoon of boiling water. This will help to keep the Mayonnaise without separating. While making the Mayonnaise, if it curdles, turn it into another bowl, then place an egg-yolk in the bowl, beat until thick and creamy, and, while beating, add slowly the curdled Mayonnaise, then the remaining oil and vinegar, finishing as above. Two hours before mixing, put all the ingredients entering in the Mayonnaise in the refrigerator to chill. Never keep the oil more than 2 hours in the ice box, else it will get thick and cloudy and will not be fit to make Mayonnaise.

MAYONNAISE, II:

Make a Hot Mayonnaise as directed in that recipe, and allow it to cool.

This Mayonnaise will keep 3 weeks in a cool place without separating.

CREAM MAYONNAISE, I:

Just before serving, gently mix into a cup of Mayonnaise I, $\frac{1}{2}$ cup of whipped cream. Season as needed with salt and a few grains of Cayenne. When it is to be served with fruit, use lemon juice to make the Mayonnaise. Add enough beaten cranberry jelly to nicely color and flavor. Especially nice with grape fruit, white grapes, or a combination salad.

CREAM MAYONNAISE, II:

Make a cup of Mayonnaise II. Gently mix in $\frac{1}{2}$ cup of whipped cream. Season with a little salt and a few grains of Cayenne.

JELLIED MAYONNAISE, I:

Soak 1 teaspoon of gelatine in 2 tablespoons of cold water for 20 minutes, then melt it over hot water. Beat into a cup of Mayonnaise I. Before it hardens spread it over chilled fish or meat, etc., cut in fancy shapes, or mix in some blanched vegetables or salpicon of meat or fish, these previously marinated in a little French dressing; and before it hardens put into tomato cups or artichoke bottoms, etc.

JELLIED MAYONNAISE, II:

Place $\frac{3}{4}$ of a cup of Mayonnaise in a bowl and chill thoroughly over the ice. Put 1 gill melted aspic or melted jellied Consommé in a bowl in a basin holding ice water. Beat until it begins to thicken. Continue to beat while slowly adding the chilled Mayonnaise, adding a few drops of lemon juice. Use it as directed in preceding recipe.

GREEN MAYONNAISE:

Pound and rub through a fine, strong sieve some of the following herbs: parsley, chervil, chive, watercress, taragon, or blanched spinach, liquor pressed out. Let stand an hour, pour out clear liquor, and stir green substance into a thick Mayonnaise.

RED MAYONNAISE:

Rub a lobster coral through a fine sieve, add to a Mayonnaise, and use $\frac{2}{3}$ teaspoon of Paprika instead of Cayenne when making the Mayonnaise. Or, rub through a sieve a pimento and add to Mayonnaise.

JELLIED DRESSING:

Utilized to screen fillets or medallions of fish or meat, artichoke bottoms, tomatoes, etc.; also to garnish cold entrées or salads.

Make a French Dressing with the following ingredients: $\frac{1}{4}$ teaspoon of salt, a few grains of Cayenne, 3 tablespoons of oil, and 1 tablespoon of lemon juice. Melt in a bowl over hot water a cup of jellied Consommé, then place in iced water and beat constantly until it begins to thicken. Continue beating while adding slowly the French Dressing, and, as it begins to thicken, cover with it some chilled poached fish, or put over fancy cut pieces or medallions of chicken or fish, artichoke bottoms, etc.

Failing jellied Consommé, beat to a boil 1 cup of clear broth or stock, dissolve in a tablespoon of gelatine that has soaked 20 minutes in $\frac{1}{4}$ cup of cold White Stock, let cool, and finish as above.

FRUIT DRESSING:

Put $\frac{1}{4}$ cup of water over the fire, add $\frac{1}{3}$ cup of sugar, stir until dissolved, and boil 2 minutes; then add a little grated lemon rind. While beating 2 egg-yolks in a small saucepan, add slowly the first mixture. Set in hot water, cook and beat until thickened, remove, and beat while cooling, adding slowly 2 tablespoons of lemon

juice. Occasionally, a few grains of Cayenne and a dash of dry mustard are added.

Also, with 1 cup or more of whipped cream, fold in just enough of the above cold Fruit Dressing to enable the cream to retain its ornamental texture.

All dressing used in Fruit Salad is made with lemon juice.

CREAM DRESSING:

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|---------------|--|---------------|---------------------|
| 2 | teaspoons sugar | 1 | ounce melted butter |
| $\frac{1}{3}$ | teaspoon salt | $\frac{3}{4}$ | cup cream |
| $\frac{1}{3}$ | teaspoon dry mustard | 3 | tablespoons vinegar |
| 2 | egg-yolks or whole egg, slightly beaten | | |

Mix dry ingredients, and, constantly stirring, add egg, butter, and cream. Cook, stirring, in double boiler until it thickens, gradually adding the vinegar. Beat while cooling.

BOILED DRESSING:

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|---------------|-------------------------|---------------|-----------------------------|
| 1 | teaspoon sugar | 2 | egg-yolks, slightly beaten |
| $\frac{2}{3}$ | teaspoon salt | $\frac{1}{4}$ | cup water |
| | A dash of dry mustard | $\frac{1}{4}$ | cup vinegar |
| | A few grains of Cayenne | 1 | ounce butter, cut into bits |

Mix the ingredients, add beaten egg and liquid, and cook, stirring, in double boiler until it thickens. Remove from the fire, and beat while cooling, adding the butter.

PEAR AND APPLE SALAD:

Peel the pears and apples, cut in two lengthwise, or quarters, and remove cores. To prevent discoloration, immerse in cold water to which has been added a few drops of lemon juice, and when needed, drain and wipe between towels. Cut into thin slices or dice as desired. Again to prevent discoloration, squeeze over the prepared fruit the juice of half a lemon. Occasionally, when the peeled pears and apples are cut in two lengthwise, the core and center are scooped out to form cups, which may be filled with a jellied Mayonnaise to which may have been added fruit trimmings diced, diced celery and nuts, or some diced vegetables. All of these are added to the

Mayonnaise before the mixture becomes firm, and the whole is then coated with the jellied Mayonnaise. Use lemon juice when making Mayonnaise for fruit.

LETTUCE SALAD:

Arrange some crisp lettuce leaves in fancy shape on individual salad dishes. Send separately a French Dressing; or pour over each dish a tablespoonful of well-blended French Dressing; or serve in a bowl as directed at "Green Salad."

LETTUCE SALAD AND CHEESE DRESSING:

Same as Lettuce Salad, using a Cheese Dressing.

LETTUCE SALAD AND EGG DRESSING:

Separate whites and yolks of 3 hard-boiled eggs; finely chop, separately; mix the whites in a bowl with a little chopped parsley, arrange over individual dishes some crisp lettuce leaves in nest shape, and on these thin strips of white and of yolk in a fancy design. Pour over each dish a tablespoon of well-blended French Dressing.

LETTUCE AND TOMATO SALAD:

Same as Lettuce Salad, arranging in lettuce nest some balls scooped out of skinned tomatoes. Dredge over top some thinly shredded green peppers. Serve as directed.

CUCUMBER SALAD:

Peel the cucumbers and slice thin, crosswise. Place in ice water and let stand 1 hour. Drain and wipe between towels. Arrange on crisp lettuce leaves, pour on each dish a tablespoon of well blended French Dressing, and serve at once. If desired, dredge over a little chopped parsley and chive.

The disagreeable bitter flavor of cucumber being mostly in the green outside, carefully peel all the green parts and cut off the ends at about one inch from the points. Wash and wipe the knife blade occasionally while peeling.

CUCUMBER AND TOMATO SALAD:

Peel and thinly slice a cucumber crosswise, soak 1 hour in iced water, drain and wipe between towels. Arrange over a Tomato and Lettuce Salad, pour a French Dressing I or II over it, and serve at once.

CUCUMBER BASKET SALAD:

Peel some cucumbers and shape as a basket. Soak 1 hour in iced water, drain, and wipe between towels. Fill with crisp slices of cucumbers, and pour over each one a tablespoon of French Dressing I or II.

CELERY ROOT SALAD, I:

Cook root as directed in "Boiled Celery Root," adding a slice of lemon. Drain and cool. Peel root, cut it into four lengthwise, then thinly slice crosswise. Marinate it two hours in a Mustard Dressing. Serve on crisp lettuce leaves.

CELERY ROOT SALAD, II:

Prepare celery root as directed above. Mix $\frac{1}{3}$ teaspoon of salt, $\frac{1}{3}$ teaspoon of dry mustard, a few grains of Cayenne, $\frac{1}{3}$ cup of cream, and 1 tablespoon of lemon juice. Add celery, and mix.

ASPARAGUS SALAD:

Pile five or six asparagus tips in a crisp lettuce-leaf nest. Send separately a Mayonnaise or a Mustard Dressing. Or the asparagus tips may be arranged in clusters of three or four kept together with rings of varied color, such as rings of lemon rind, pimentos, and green or red peppers.

ASPARAGUS COMBINATION SALAD:

Take some asparagus tips, cut into dice, some string beans, cut into lozenges, and some artichoke bottoms whole, and marinate all in a French Dressing in a cold place. When ready to serve, arrange artichoke bottoms on center of a nest of crisp lettuce leaves. In artichoke

cavity arrange the diced tips and around it the beans. Or, add small flowerets of cauliflower, and fill cavity of artichoke bottom with jellied Mayonnaise.

The vegetables, of course, are to be blanched before using for salad.

BEET SALAD:

Thinly slice some cold tender cooked or pickled beets. Add 1 teaspoon each of thinly chopped parsley and chive. Mix with 2 or 3 tablespoons of French Dressing I. Arrange on crisp lettuce leaves.

BEET-APPLE SALAD:

Cut 2 pickled beets lengthwise into quarters, and thinly slice crosswise. Cut and slice in same shape 2 peeled and cored apples, also 2 hard-boiled eggs. Pour over a French Dressing I or II.

BEET-CUP COMBINATION:

Scoop out the center of whole pickled beets to form a cup. Thinly chop the removed pulp and reserve. Fill each cup with diced cooked carrots that have been marinated in a French dressing, adding to mixture some cold, blanched green peas. Arrange each beet cup in a nest of lettuce leaves, and dredge around it the chopped beets.

POTATO SALAD, I:

While cold cut 5 boiled potatoes into quarters lengthwise, and thinly slice crosswise. Pour over a French Dressing I or II, and add, very thinly chopped, a tablespoon of parsley and green onion. Mix thoroughly, and let stand in a cold place till next day. When needed, taste and season as required. Arrange mixture in lettuce nest. Garnish with pimientos, beets, green peppers, etc.

POTATO SALAD, II:

Prepare and marinate a Potato Salad as in preceding recipe. Mix in $\frac{1}{3}$ cup of Mayonnaise. Pile the mixture

in a nest of crisp lettuce leaves, straighten surface, and spread with Mayonnaise. Dredge over top a few capers. Garnish around with chopped pickled beets, pimientos, or hard-boiled eggs.

POTATO SALAD, III:

Thinly slice a few very tender white celery sticks crosswise. Add to any one of preceding Potato Salads.

WATER-CRESS SALAD:

Arrange over crisp lettuce leaves some picked-over and thoroughly washed, tender, crisp water-cress, freed of its moisture. Dredge over some chopped hard-boiled eggs. Garnish with sections of hard-boiled eggs. If desired, add slices of tomatoes, skins removed. Send separately a French Dressing.

STRING BEAN SALAD:

To some left-over boiled string beans add a French Dressing I, and, very thinly chopped, a tablespoon of parsley and the white part of a tender green onion, or a teaspoon of onion juice. Mix, and marinate one hour in a cold place. Serve in lettuce leaves.

CELERY AND NUT SALAD:

Cut some tender white stalks of celery into small dice or thinly slice crosswise, and with some chopped walnuts, $\frac{1}{4}$ of walnuts to $\frac{3}{4}$ of celery, marinate in a little French Dressing. Mix in a bowl with a Mayonnaise. Dress the salad in a nest of crisp lettuce leaves. Garnish with thin strips or figures cut out of pimientos, beets, or hard-boiled eggs.

WALDORF SALAD:

Peel, quarter, and core one or two apples, and cut into small dice or into thin, short slices. Mix these in a Celery Nut Salad, made with equal quantities of apples and celery. To prevent discoloration of the apples, mix them in the Mayonnaise as soon as they are diced.

TOMATO WALDORF SALAD:

Peel medium size, sound, firm, ripe tomatoes, cut a thin slice at stem end, and carefully scoop out the center and remove seeds. Dredge inside a little salt and drain 30 minutes in a cold place, open side down. Fill the tomato cups thus formed with a Waldorf Salad mixture. Chill. Serve in crisp lettuce nest. Garnish with pimentoes and tomato balls.

STUFFED TOMATO SALAD, I:

Prepare the tomatoes as above, fill center with flowerets of cauliflower, asparagus tips cut into dice, and string beans cut into lozenges, having all these vegetables previously marinated in a French Dressing I. Also add to mixture as desired, diced, flaked and marinated, left-over fish, crab, or diced chicken, etc. Then cover with a layer of Mayonnaise or Cold Tartar Chantilly Sauce, or a Boiled Dressing to which capers have been added; or roll the chilled tomato cups in a Jellied Dressing. Chill, and when firm fill the cups with the above ingredients mixed in a jellied Mayonnaise and before it thickens, chill.

STUFFED TOMATO SALAD, II:

Prepare the tomatoes as above, removing center with a small Parisian scoop knife to obtain tomato ball. Drain tomato as above. Fill tomato cup with Cucumber Salad, adding tomato balls. Arrange some Mayonnaise over top. Serve in crisp lettuce leaves.

CHIFFONADE SALAD, I:

Proceed with crisp shredded lettuce leaves or romaine as directed at "Thousand Island Dressing II."

CHIFFONADE SALAD, II:

Marinate in a cold place small flowerets of cauliflower, and string beans cut into lozenges, in a Thousand Island Dressing II. When ready to serve mix in some crisp chilled shredded romaine or lettuce leaves. Arrange in

a nest of crisp lettuce leaves, and dredge over thinly diced beets.

BRUSSELS SPROUTS COMBINATION SALAD:

To boiling brussels sprouts add a slice of lemon. Boil as usual until tender to the core, then drain and chill. Wipe between towels, and marinate in a cold place in a French Dressing I. Pile in a nest of crisp lettuce leaves. Combine harmoniously with marinated flowerets of cauliflower, diced asparagus tips, string beans, or artichoke bottoms.

STUFFED HARD-BOILED EGG SALAD:

Cut shelled hard-boiled eggs in two lengthwise. Remove the yolk, rub through a sieve, and add a teaspoon of chopped parsley and a few drops each of onion and lemon juice, and, while stirring, season as needed with salt and pepper. Continue stirring while adding a little olive oil. With these consistent parts fill the whites of eggs and chill. Arrange 2 stuffed halves of eggs on individual dishes in a nest of crisp lettuce leaves, and pour over a tablespoon of French Dressing I or II. An anchovy may be rubbed through sieve at the same time as the egg-yolk, omitting the salt.

COTTAGE CHEESE:

Set a quart of sweet milk in a bottle in moderately warm water and let stand until blood warm throughout (110° F.); then stir in a pulverized junket tablet and let stand until it sets. Beat with a wire egg-beater to break the curdle, turn in a cheese-cloth placed over a strainer, gather the corners, and hang. Allow the whey to thoroughly drain from curdle. Then place the cheese in a bowl, beat in a teaspoon of thick cream, or, leaving out the cream, turn cheese over a sieve, add a piece of best butter, and rub through the sieve. If desired, add a few grains of salt, a drop of Tabasco, or a little white pepper.

All pasteurized milk should be treated as above, as, by the pasteurizing process, the lactic acid germs held in raw milk are killed and pasteurized milk requires such

a long time to sour that it often spoils before souring. When the milk is not pasteurized, let the sweet milk stand in a moderately warm place until it sours, wheys, and sets, which will require a few days. With this proceed as above.

Cottage cheese made out of skimmed milk has the same food value as meat, as it holds all the proteid part of milk.

COTTAGE CHEESE SALAD:

Shape Cottage Cheese into small balls between teaspoons. Drop in crisp lettuce-leaf nest. Chill. When serving pour on each individual dish a tablespoon of French Dressing I or II.

COTTAGE PIMENTO CHEESE SALAD:

Thoroughly drain a canned pimento. Put it in a purée strainer. Add $\frac{2}{3}$ cup of Cottage Cheese made as above, rub through sieve, and shape and serve.

MOLDED COTTAGE CHEESE SALAD:

Mix in 1 cup of Cottage Cheese 1 teaspoon of thick cream, a drop of Tabasco, a few grains of salt, and a tablespoon of chopped parsley. Reserve. Squeeze out the liquor of 2 drained canned pimentos, put them into a purée strainer, add one cup of Cottage Cheese, and rub through sieve. Fill a rectangular mold with ice water. When chilled pour water out, and line bottom and side of mold with wax paper. Arrange in mold alternate layers of pimento and parsley cheese mixtures, cover with wax paper, and set over ice until needed. Invert on a dish, slice crosswise, arrange slice over crisp lettuce leaves, and send separately a French Dressing I or II.

FRUIT SALAD, I:

Cut out fancy pieces from sliced pineapple, bananas, oranges, peaches, etc., which reserve for garnishing, cutting the remainder into dice. Mix with a Fruit Dressing or a Thousand Island Dressing III, or, if a French Dressing is added, use lemon juice in its making.

FRUIT SALAD, II:

Cut into dice 1 grape fruit and 2 navel oranges, reserving a few nice slices for garnishing. If desired, add a banana cut into dice or half a cup of chopped nuts, or both. Chill. Mix with a Cream Mayonnaise or with a Fruit Dressing. Serve on crisp lettuce leaves.

FRUIT SALAD, III:

Use one banana for each service. Cut in half crosswise, and then in two lengthwise. Roll in thinly chopped nuts, chill, and serve on crisp lettuce leaves. Pour over each individual dish a tablespoon of Fruit Dressing or Thousand Island Dressing III; or, pour in a cavity of a lettuce leaf on side of dish a tablespoon of Mayonnaise I or II made with Lemon Juice.

ORANGE SALAD:

Peel by cutting through the pulp close to the white substance, as many sour oranges as you have service, and slice crosswise $\frac{1}{4}$ inch thick leaving out round ends of stem and blossom. Remove seeds. Arrange slices overlapping, in crown shape, in crisp lettuce leaves. Pour over a tablespoon of Fruit Dressing. If desired, dredge or roll slices in chopped nuts.

This salad is nice with a game course.

**COTTAGE CHEESE AND PEAR SALAD,
JELLIED:**

Peel and cut in two lengthwise 3 sound, firm, ripe Bartlett pears. Remove cores and scoop out centers to form cups. Pour over the juice of a lemon to prevent discoloration, then fill center cavity with Cottage Cheese. Straighten surface to level of pears. Set over center a pimento-cut star; chill thoroughly; then, using a carving fork, dip in a Jellied Dressing made with lemon juice, just before it becomes firm, and set over ice until firm. Serve over crisp lettuce leaves.

APPLE SALAD, JELLIED:

Prepare 3 large, firm, ripe, Gravenstein apples as in preceding recipe. Dice the pieces scooped from center,

after removing core. Pour over the juice of half a lemon to prevent discoloration. Chop 3 walnuts and prepare $\frac{1}{2}$ cup of tender, crisp celery, cut into dice. Mix the whole with a Jellied Mayonnaise, made with lemon juice, just before it becomes firm. Fill center cavity of apples with the mixture to level of apple, then chill, and, when firm, spread all over the apple a Jellied Mayonnaise, made with lemon juice, just before it becomes firm. Set over ice till firm. Serve in crisp lettuce leaves.

SPINACH-TONGUE SALAD:

Blanch $\frac{2}{3}$ of a peck of spinach until tender, drain, and press out liquor thoroughly. Season as needed with a little salt, black pepper, and a teaspoon of lemon juice. Pack in small individual timbale molds and chill. Slice some cold boiled pickled tongue or prepare the slices in medallion shape. Chill. Screen with a Jellied Mayonnaise just before it gets firm, and chill again. Unmold the spinach timbale over a cold dish, arrange the tongue around it, and alternate with crisp lettuce leaves. Spread over each spinach timbale a Green Mayonnaise made with lemon juice.

COLD SLAW, II:

Select a small, heavy cabbage. Remove outside leaves, cut into quarters, remove core and tough parts, soak one hour immersed in cold water, adding a tablespoon of salt or vinegar, and drain open side down. Thinly slice crosswise. Leave out thick stalk. Place in a cheese-cloth and swing it until thoroughly freed of moisture. Chill. When ready to serve, mix thoroughly with a French Dressing I or II.

JELLIED MACEDOINE SALAD:

Blanch $1\frac{1}{3}$ cups of Macedoine Vegetables. Drain thoroughly and chill; then marinate in a little French Dressing. Delicately stirring, add to a Jellied Mayonnaise just before it begins to get firm. Fill individual moistened timbale molds. Chill till firm. Invert each timbale into a nest of crisp lettuce leaves.

TOMATO SALAD À LA RUSSE:

Prepare 6 sound, firm, ripe tomatoes of an average size as directed at "Tomato Waldorf Salad." When thoroughly drained, chill. Fill each cup with a Jellied Macedoine Salad before it sets. Straighten surface, chill over ice. When firm, slice the tomatoes crosswise. Arrange slices over a salad prepared as follows: Thinly slice 2 quartered apples crosswise, cores removed. Slice in same shape 2 cooked potatoes. Mix in a French Dressing I, and arrange in crisp lettuce-leaf nest.

TOMATO-PEACH SALAD À LA PERSHING:

Chill as many firm, middle-sized, sound, ripe tomatoes as you have service. Peel carefully, and using a sharp knife, cut a slice off stem end, then make, at blossom ends, two cuts at right angles, running cuts at about two-thirds of tomato's thickness. Dredge with salt. Drain, cut side down, in a cold place 30 minutes to let liquor run out. Have some chilled, firm, ripe freestone peaches peeled, and put on center of a nest of crisp lettuce leaves half of a pitted peach open side down. Put over convex peach a drained tomato, cut side down, and, with thumb and first finger of each hand, press it down on the peach, thus parting the section of tomato like the petals of a flower. From opened center remove seeds and drop just a tablespoon of Cream Mayonnaise I or II. On this arrange, in petal shape, some slices of bananas. At the base arrange a wreath of overlapping banana or peach slices, and, with a pastry bag and star tube, garnish with a Cream Mayonnaise I or II. Add all the ingredients thoroughly chilled, and, if desired, set at base in center of petals a fresh strawberry.

SMOKED HERRING SALAD PARISIAN STYLE:

Skin and bone 1 or 2 smoked herring. Slice the fillet crosswise, very thin. Scrape, wash, and wipe between towels 2 tender red French carrots, and cut lengthwise into quarters and slice crosswise as thin as cigarette paper. Add a few drops of lemon juice, 3 tablespoons of oil, and mix all together. Marinate 4 days in cold place.

SARDINE SALAD:

Remove skins, bones, and tail ends of 6 canned sardines, and slice thinly crosswise. Shell 4 cold hard-boiled eggs, cut in four lengthwise, then thinly slice crosswise. Peel 2 table apples, quarter, remove core, and slice crosswise very thin. Pour over a scant tablespoon of lemon juice, mix, and add 4 tablespoons of oil, $\frac{1}{2}$ teaspoon of onion juice, $\frac{1}{3}$ teaspoon of salt, 2 drops of Tabasco, and 1 tablespoon of parsley chopped fine.

FISH SALAD WITH LEFT-OVER:

As soon as cooked fish comes back from the table, set it in a cold place to chill. Remove skin and bones, and flake it with a fork. Marinate in a bowl, adding to each cup of fish $2\frac{1}{2}$ tablespoons of oil, 1 teaspoon of lemon juice or Taragon Vinegar, $\frac{1}{3}$ teaspoon of salt, a dash each of Paprika and black pepper, $\frac{1}{2}$ teaspoon of onion juice, and 1 teaspoon of chopped parsley.

Left-over poached trout marinated as above may be served with any of the Mayonnaise dressings.

OYSTER SALAD:

Parboil some oysters in their own liquor, drain, and remove tough parts. Cut the smaller oysters in two and the larger ones in four, and chill. When ready to serve mix in Louis Dressing, Plain, Tartar Sauce, or Tartar Chantilly. Serve in lettuce nest and garnish with pimientos, capers or slices of lemon.

GRAPE FRUIT OYSTER SALAD:

Cut 3 heavy, sound, ripe grape fruit into half crosswise, in fancy saw-shape. Carefully remove pulp to obtain a few nicely shaped slices to garnish the filled grape fruit cup. Cut the remaining pulp into dice. Mix with some parboiled oysters, chilled and cut in pieces, the tough parts removed. Add 6 tablespoons of catsup and 2 drops of Tabasco. Mix, and fill the grape fruit cups. Garnish top with the reserved slice of grape fruit, and chill. Arrange in crisp lettuce-leaf nest.

CANTELOUPE SALAD:

Cut sound, ripe canteloupe into half, and remove seeds and stringy substance. Scoop out of the meat small balls, arrange on a bed of lettuce leaves, and chill. When ready to serve, pour over each individual dish a tablespoon of French Dressing I, made with lemon juice.

WATERMELON SALAD:

Same as preceding recipe.

CARMELITE SALAD:

Quarter 2 cold boiled potatoes, and slice crosswise, thin. Slice into same shape 2 pickled beets and 4 hard-boiled eggs. Add 3 or 4 diced anchovies, 1 teaspoon of onion juice, and 1 tablespoon of parsley, chopped fine. Mix with a French Dressing I, made without salt. Arrange on crisp lettuce leaves, and garnish with beets, capers, olives, etc.

SHRIMP SALAD:

Mix 1 cup of shelled marinated shrimps in about $\frac{1}{3}$ cup mayonnaise, reserving a few nice shrimps for garnishing. Season as needed with a few grains of salt and Cayenne. Chill. Arrange on a bed of crisp lettuce leaves, garnish top and base with shrimps, fancy pieces of hard-boiled eggs, olives, beets, pimentos, capers, etc. Add to mixture $\frac{1}{2}$ cup of tender, crisp celery stalk, thinly sliced crosswise and previously marinated in a little French dressing. If using canned shrimps, immerse shrimps a minute in cold water, drain thoroughly, and wipe between towels.

LOBSTER SALAD, I:

Remove the head of a cold cooked lobster. Cut the shell and body in half, lengthwise, discard the intestinal veins, and remove the meat from shell and from big claws. Reserve the small lobster claws for garnishing, also the coral, which should be very thinly chopped. Cut meat into dice and allow it to marinate in a cold place in a little French Dressing until needed, then mix with

any one of the Mayonnaise Dressings. Arrange in crisp lettuce-leaf nest, spread over surface a little of the Mayonnaise, sprinkle the chopped coral over top, and, if desired, a few capers; then garnish base with reserved lobster claws, olives, pimentos, etc. Canned lobster should be immersed in plenty of cold water, drained, dried between towels, and chilled.

Occasionally the Lobster Salad mixture is served in the Lobster Shell.

LOBSTER SALAD, II, À LA LOUIS:

Proceed with cooked lobster as directed at Lobster Salad I, cutting the lobster in rather large pieces. Substitute for the Mayonnaise a Louis Dressing I or II. Dredge the chopped coral over the salad, arranged on crisp lettuce leaves, garnish with the reserved claws, and, if desired, with figures cut out of pimentos, rings of green peppers, or slices of stuffed olives.

LOBSTER SALAD, III, À LA LOUIS:

Chill a cooked lobster, remove meat from shell, cut body meat into slices and discard intestinal veins, and reserve claws to use as garnishing, also the coral chopped. Marinate the lobster meat in a cold place in a Louis Dressing Plain made with Taragon Vinegar. Remove outside leaves of 1 or 2 white, firm, lettuce hearts, slice, and soak in cold water. Drain. Place lettuce leaves in a cheese-cloth, swing it until freed of moisture, divide the lettuce between 6 individual salad dishes, and chill. When ready to serve, dredge over lettuce 3 chopped pimentos and the coral, then divide the marinated lobster between the 6 dishes, garnish with claws and sliced stuffed olives, and serve at once.

LOBSTER SALAD WITH ARTICHOKE BOTTOMS À LA LOUIS:

For each service arrange on a cold dish a chilled blanched artichoke bottom coated with a Jellied Dressing. Arrange in artichoke cavity a Lobster Salad II à la Louis. Mask the whole with a Louis I or II dressing,

and arrange around it the chilled blanched leaves of artichokes or crisp lettuce leaves. Garnish around the base with lobster claws, figures cut out of pimentos and green peppers, and dredge the chopped coral over top.

CRAB SALAD:

Follow any of the above directions given for Lobster or Shrimp Salads, using crab meat.

GLADYS SALAD:

For 6 services cut in half crosswise 3 chilled, sound, ripe canteloupes, removing the seeds and stringy substance. Cut the edges of each half-melon like the teeth of a large saw blade. Using a sharp knife, peel a heavy, sound, ripe, large grape fruit, cutting through pulp with the knife, following close to and under the white substance, and peeling off the white substance and the rind. Cut the grape fruit lengthwise into quarters and thinly slice each quarter crosswise to obtain 3 or 4 slices for each service, which reserve to use as garnishing. Cut the remainder into dice. Scoop out the pulp of the melons and cut into dice. Mix diced melon and grape fruit with one cup of raspberries, adding bar sugar to suit taste. Fill each melon cup with the mixture, garnish top with reserved slice of grape fruit and a few reserved raspberries. Chill. Serve over cracked ice or green leaves.

DOROTHY SALAD:

Prepare melon as above and cut pulp into dice. Peel and quarter, and remove core, and thinly slice a table apple crosswise. Pour over the juice of a half-lemon, and add, thinly sliced crosswise, 1 banana, 3 peeled peaches, 1 slice of pineapple, 12 raspberries, 12 loganberries, and 24 strawberries. Sweeten as needed with powdered sugar. Mix carefully, then fill melon cups, garnish top with fancy slice of pineapple, bananas, and some nice reserved strawberries, and chill. Serve over cracked ice or on lettuce leaves.

ALLIGATOR PEAR SALAD:

Chill some sound, firm, ripe alligator pears, split lengthwise into halves, and remove stones. Neatly scrape off the stringy substance, and rub pulp surface with a slice of lemon. Pour over inside pulp a teaspoon of French Dressing I. Serve at once over cracked ice. Send separately a French Dressing.

When the alligator pears are large or expensive, scoop out with a teaspoon small olive-shaped balls, and arrange over crisp lettuce leaves on individual dishes; pour over each a tablespoon French Dressing I, and serve at once. Occasionally chilled alligator pear cavities prepared as above are filled with *pâté-de-foie-gras* rubbed through a sieve, to which a little whipped cream may be added.

CHICKEN SALAD:

Cut into small dice the white meat of some cold chicken or turkey, skin, fat, gristle, and tough parts removed. Add half as much crisp, tender stalks of celery, diced. Marinate these in a little French Dressing in a cold place until needed, then mix thoroughly with a Mayonnaise. Season as needed with a few grains of salt and white pepper. Pile mixture high in center on a bed of crisp lettuce leaves; spread over surface a little Mayonnaise, garnish base with beets, olives, fancy cut pieces of hard-boiled eggs, pimentos, etc., and dredge over top chopped hard-boiled eggs and a few capers.

VEAL SALAD:

Same as Chicken Salad.

CHICKEN COMBINATION SALAD:

To a Chicken Salad add the following ingredients, diced: walnuts, apples, hard-boiled eggs, pimentos, etc.

CHICKEN CREOLE SALAD:

To a Chicken Salad or Chicken Combination Salad add the pulp of a grape fruit cut into small dice, reserving a few fancy cut slices for garnishing.

QUAIL SALAD:

Chill cooked quail left-over. Take up the fillets, removing skin and tough parts. Slice thin, add a fourth as much lean, chilled boiled ham, cut thin, also, cut up thin, a sour pickle and 4 stoned olives, and, thinly chopped, 1 teaspoon each of parsley and chive, or substitute for the chive $\frac{1}{2}$ teaspoon of onion juice. If available, add a few chopped tarragon leaves and a teaspoon of chervil. Mix all together while marinating the mixture in a French Dressing I in a cold place. Season to suit taste, with salt and white pepper. Serve in crisp lettuce-leaf nest; garnish with sliced pickles, stuffed olives, pimientos, etc.

SWEETBREAD AND CELERY SALAD:

Cut into small dice some cold cooked sweetbreads, and add half as much diced celery. Marinate in a cold place in a French Dressing I until needed. Mix with any one of the Mayonnaise Dressings, pile in center of a nest of crisp lettuce leaves, and garnish with slices of sweetbreads coated with a Jellied Mayonnaise or Dressing (see recipes).

TOMATO JELLIED SALAD:

Soak $\frac{3}{4}$ of an envelope of granulated gelatine 20 minutes in $\frac{1}{4}$ cup of cold water. Simmer for half an hour $1\frac{1}{4}$ cups of White Stock, adding $1\frac{1}{2}$ cups of canned tomatoes, a few grains of Cayenne, and $\frac{1}{2}$ teaspoon of salt, a kitchen bouquet, and a small onion. Rub mixture through a fine sieve that will hold back the seeds, removing onion and bouquet. Re-heat to a boil, remove from fire, dissolve thoroughly in the gelatine, add a tablespoon of lemon juice, and strain. Pour into a wet mold and put aside in a cold place until set. Unmold on a bed of crisp lettuce leaves, and garnish around base with Mayonnaise and Tomato Jelly Crouton.

If the White Stock is not on hand, use water, and dissolve a bouillon cube in the strained mixture.

Jellied and Aspic Croutons and Their Shaping

Jellied and Meat Aspics, or Tomato Jelly in various shapes, are used to garnish a service of salad or cold chicken, turkey, tongue, etc. The prepared cooling mixture is turned into a wet dish to the depth required, usually $\frac{2}{3}$ of an inch, and set aside in a cold place to form. When needed dip the dish into warm water, letting the water rise to same height outside as jelly inside, then lift out, wipe bottom of dish with a cloth, and invert the jellied article onto wax paper. Cut into desired shape with a knife dipped in warm water, then wipe dry; or use fancy cutter to stamp out croutons. These croutons are usually made more consistent than other jellied articles, by using more gelatine.

QUICK ASPIC:

Put a scant pint of cold water over the fire, add, thinly sliced, 1 carrot, 1 onion, and a white stalk of celery, a parsley root, a sprig of thyme, a clove, 6 peppercorns, and $\frac{1}{2}$ teaspoon salt. Simmer 40 minutes. Strain, re-heat to a boil, add 2 bouillon cubes or a teaspoon of meat extract, remove from fire, and dissolve in half an envelope or 1 tablespoon of granulated gelatine that has soaked 20 minutes in 3 tablespoons of cold water. Add a teaspoon of lemon juice and strain.

ASPARAGUS TIPS JELLIED SALAD:

Pour a little Tomato Jelly cooled, but not set, into small iced individual timbale molds arranged in cracked ice. Tip to spread jelly mixture over side and bottom of molds. Let stand until firm, repeat until the molds are coated with the jellied mixture, then arrange at bottom some chilled asparagus, heads downwards, filling in around the side of mold with tips. Pour in enough jellying tomato mixture to cover asparagus. Let stand till firm. Unmold, inverting jellied mixture over crisp lettuce leaves, and garnish around the base with Mayonnaise.

ASPARAGUS TIPS MAYONNAISE TIMBALE:

Put individual molds in cracked ice. Screen the chilled mold bottom and sides with a cooling Tomato

Jelly, as in preceding recipe, then, using a Jellied Mayonnaise I or II, just before it begins to set cover bottom and sides of mold with a thin layer of Mayonnaise. Let stand until firm. Fill center with asparagus tips and pour in just enough of the Mayonnaise to cover tops of tips. Straighten surface and add cooling aspic to fill mold. Let stand till firm. Unmold over crisp lettuce leaves, and garnish around base with beet figures or with Jellied or Aspic Croutons.

CAULIFLOWER MAYONNAISE TIMBALE SALAD:

Blanch a cauliflower with a slice of lemon till tender, drain, and chill. Break off flowerets, cutting off stems when too long, proceed as directed in above recipe, and serve the same way.

Other vegetables may be substituted for the cauliflower, such as string beans, brussels sprouts, artichoke bottoms, etc.; or use the same vegetables in combination in the same timbale.

MACEDOINE MOLDED SALAD:

Pour a little Tomato Jelly or "Quick Aspic," cooled, but not set, into some iced individual timbale molds arranged in cracked ice. Tip the mold to spread jelly mixture over the side and bottom of molds. Let stand until firm, and repeat until the molds are coated with the jellied mixture. Mix $1\frac{1}{3}$ cups of chilled Macedoine Vegetables (see recipe) in a cup of Jellied Mayonnaise I or II, just before it begins to thicken. Season as needed with a few drops of lemon juice, a few grains of salt and white pepper, and with it fill centers of molds. Straighten surface, pour in enough cooling aspic to fill mold and let stand until firm. Unmold onto a bed of crisp lettuce leaves, garnish around base with Mayonnaise and bottom of dish with Aspic or Jellied Croutons.

EGGS IN ASPIC:

Have ready a cooling Aspic or a Tomato Jelly, and, just before it begins to set, pour a little of it into some

chilled individual molds set in cracked ice. Tip so as to coat bottom and side surface of molds. When firm, repeat, and arrange in mold some chilled slices of hard-boiled eggs. Garnish with the small, tender leaves of the center of a lettuce-heart, or with thin slices of an artichoke bottom. Add the cooling Aspic to cover. When firm repeat layers of hard-boiled eggs, vegetables and Aspic until timbale mold is full. Unmold firm chilled timbale over a bed of crisp lettuce leaves, and garnish with Mayonnaise, sections of hard-boiled eggs, pimientos, beets, curled celery, etc.

FISH SALAD IN ASPIC:

Soak half an envelope or a tablespoon of granulated gelatine 20 minutes in $\frac{1}{4}$ cup cold water. Dissolve the gelatine in $\frac{3}{4}$ cup of heated Fish Consommé. Strain into a bowl, then place over cracked ice. As soon as it begins to thicken, beat until frothy, then incorporate in it $\frac{3}{4}$ cup of chilled cream beaten to a stiff dry froth, and about a cup of chilled poached salmon or trout cut into small dice, bones and skins removed. Season as needed, adding a little lemon juice. Arrange mixture into wet, chilled border mold, and set aside to chill. When firm unmold over a bed of crisp lettuce leaves, and garnish with lemon slices, capers, pimientos, pickles, beets, parsley, etc. Serve with Mayonnaise.

CHICKEN AND OYSTER SALAD IN ASPIC:

Parboil a dozen and a half oysters as usual, drain and wipe between towels, and chill. Dredge over a few drops of lemon juice, and cut into pieces. With a cooling Tomato Jelly screen bottom and sides of 6 small individual timbale molds placed in broken ice. When firm prepare a Chicken Celery Salad as directed in recipe, mixing it with a Jelried Mayonnaise. Just before it begins to set mix with the oysters, and with this mixture fill the mold, straighten surface, and pour on top a little Tomato Jelly near setting. When chilled, unmold on a bed of crisp lettuce leaves.

MARGUERITE SALAD (for Buffet Party or Luncheon):

Prepare Chicken Celery Salad with a 4-pound tender boiled chicken and $1\frac{1}{2}$ cups of tender crisp, bleached celery. Arrange on a large cold dish, screen with Mayonnaise, and garnish the dish border with crisp lettuce leaves and artichoke bottoms prepared as follows:

Chill as many blanched artichoke bottoms as you have guests. Roll each one in a Jellied Dressing (see recipe) near setting, and chill. When firm repeat the same process and when firm again, arrange in each bottom cavity some chilled asparagus tips or cauliflower flowerets; screen the asparagus or cauliflower with a Jellied Mayonnaise near setting, filling also each bottom cavity with the Mayonnaise; chill until firm. Cut small figures out of white and yolk of a chilled hard-boiled egg, pimento, etc; then, taking them one by one at the point of a trussing needle, dip in the Jellied Dressing when near setting; then set into place around the artichoke filled cavity and chill. Use one kind of each figure to garnish each artichoke bottom. Garnish chicken salad with remaining figures.

CHAPTER IX

COLD ENTRÉES

MOLDED ASPICS, JELLIED MEATS, CHAUDFROIDS,
MOUSSES, ETC.

IN this branch of the culinary art the experienced cook has the opportunity to strive for excellence. Such elaborate dishes as "Pièce-Montée" Aspics, etc., require much preparation, long manipulation, great skill, good taste and inventiveness; all of which delight the progressive cook and yield him pride and gratification. Harmony in form and color mark these dishes, and the care expended to bring about artistic and decorative results will be amply rewarded.

The aspics used in Aspic dishes should always be savory, clear, and amber-colored, and made as directed at "Meat Aspic"; although owing to the high cost of meat, a substitute is often used made by jellying Consommé or a clarified stock jellied with gelatine (see "Quick Aspic"). One envelope or 2 tablespoons of granulated gelatine will jelly a quart of stock, less the amount of liquor used to soak the gelatine. When veal or chicken, or both, are used in making the stock, it does not require so much gelatine to jelly it, as veal and chicken meat and bones already hold some jellying substance that dissolves in the simmering stock. For instance, a calf's foot will jelly one quart of stock (see "Glaze").

Ornamentation of Molded Aspic

To ornament a Molded Aspic, thoroughly chill the molds in broken ice, except when, in cold weather, you can put the mold in chilled water and work in a cool place. Pour into a large mold about $\frac{1}{3}$ cup of cooling Aspic or jellied stock just before it begins to set but is still liquid. For small individual molds pour in only 2 or 3 tablespoons. Turn and tip the mold around to spread the jellying article all over bottom and sides of

mold, let stand till firm, and then repeat the same process until side and bottom of mold are screened with jellied aspic, and again let stand until firm.

The articles used to ornament Aspics should be thoroughly chilled, and the vegetables should be blanched. Using small fancy cutters in the shape of hearts, flowers, circles, stars, spades, diamonds, etc., stamp out designs from carrots, truffles, artichoke bottoms, hard-boiled eggs, olives, sour pickles, or pimentos; or utilize string beans cut into lozenges, and green peas, capers, and small cauliflower flowerets. Then, using a trussing needle point, take up piece by piece the prepared decorations, and dip one at a time in the jellying aspic near setting point but while still liquid. Fix these on bottom of the mold and drop from a teaspoon about 2 drops of cooling aspic on each piece. When the bottom is thoroughly and tastefully decorated, add cooling aspic, just enough to cover; then decorate the sides of mold by arranging the garnishing artistically over sides. Drop on each fixed piece of garnishing 2 drops of cooling aspic and allow it to stand in iced water until firm. Then proceed to fill mold as required. It is desirable, when stamping, to use only one cutter for any one kind of vegetable or other article, and to alternate the decorative pieces as to size, shape, and color.

To unmold Aspic or jellied dishes, dip mold in warm water, at about 110° F. or just hot enough to melt aspic nearest to side of mold after it has stood 15 seconds in the water, letting the water rise as high outside as jelly fills inside; then lift it out, wipe mold, tip it around to see if the jelly is freed of mold, put the cold serving dish upside down, center of dish just over center of mold, and gently invert and lift off the mold.

CHAUDFROIDS and their Decoration with Aspic:

When an article, such as cooked chicken, veal, tongue, etc., which has been chilled, is coated, masked, or screened with a Chaudfroid Sauce, it is said to be a "Chaudfroid."

These articles are occasionally sliced and shaped in medallion form, to be utilized as a garnish to another

Chaufroid, Aspic, or Salad. To make Chaufroid proceed as follows:

Chill the article. Have ready a cold Chaufroid Sauce (see recipe) near jellying point, or just at the right point of cooling, that is, so it will make the sauce nearest to the chilled article over which it is spread firm enough to stick to it at once and form a smooth coating. The Chaufroid sauce should be smooth and still be stiff enough to very slowly run. Coat the chilled article with the sauce, filling any hollow part that the surface may present or offer. Set it in refrigerator until firm, keeping the articles apart so they do not touch each other.

Occasionally a second coating is given to articles not perfectly screened with one coating of sauce. Often, tiny bits or very small figures cut out of the chilled articles are arranged over the coating of Chaufroid Sauce, and a coating of jellying Aspic is then spread over the whole to entirely screen the garnishing ingredients. Then set in a cold place till firm. Cut tiny figures out of very thinly sliced articles, such as truffle, olive, white or yolk of hard-boiled eggs, etc., or use bits of parsley, lettuce leaves, water-cress, tarragon leaves, etc., and again set it in a cold place until firm.

ASPIC OR MEAT JELLY:

Place in a kettle 2 split calves' feet and 2 pounds each of lean beef and knuckles of veal cut into pieces. Add the bones of a shin of beef cut in pieces, reserving the meat to use to clarify the stock. If available add also calf and beef bones or a pig's foot, also necks, gizzards, skinned feet, and carcass of fowl. To these add cold water to cover and a tablespoon of salt. Bring slowly to a boil, and skim. Then remove it to a very slow fire where it will simmer very slowly 6 or 7 hours, adding a large kitchen bouquet, an onion, 2 carrots, and 12 peppercorns. When done strain it through a fine sieve and set it aside to cool.

When cold remove fat on top. Cut into very small dice the reserved lean shin meat, removing gristle, fat,

and skin. Add 2 thinly sliced carrots and onions, put in a saucepan, add 3 egg-whites, and proceed as directed in the article: "Clarification of Stock, Second Method." Add a tablespoon of lemon juice, and strain through cheese-cloth.

MOUSSE COLD ENTRÉES:

Mousse Cold Entrées are generally made of a given proportion of fish, meat, or vegetable pulp, stiffened by the addition of dissolved gelatine, and these mixtures are usually made bulkier and lighter with a cream half-beaten or beaten to a froth. However, to insure firmness, or to make the article lighter and still hold its shape, the cream is often beaten to a stiff, dry froth. Much care should be exercised in the preparation of these dishes not to use too much gelatine, as they are stiff enough when they just hold their shape. When too firm, they are not so palatable nor so succulent.

Occasionally the meat, fish, or vegetable pulp is combined with a cooling Chaudfroid sauce or Aspic, or both, when it is lightened by combining it with a cream beaten stiff-dry to bottom of bowl.

CALF'S BRAIN IN MAYONNAISE:

Boil calf's brains as directed at "Boiled Calf's Brains," and let cool in their own liquor. Drain thoroughly, wipe between towels, and chill. Neatly slice lengthwise about two-thirds of an inch thick, and arrange slices, overlapping, on a cold dish. Mask with a Mayonnaise Dressing. Garnish with a wreath of parsley and crisp lettuce leaves, and with hard-boiled eggs, capers, etc.

SWEETBREADS IN MAYONNAISE:

Prepare and parboil two sets of sweetbreads as directed at "Preparation of Sweetbreads for Cooking," etc. Drain, cold, between two dishes to shape. Wipe between towels. Simmer a few minutes in 3 tablespoons of melted butter over a slow fire. Turn over as needed to prevent coloring. Remove sweetbreads, and blend 3 tablespoons flour in the butter left in pan. Remove pan

to a good fire and, while stirring or beating constantly with a spatula or with a whisk, at once add gradually about $\frac{3}{4}$ quart of boiling White Stock. Stir until smooth and boiling. Add the sweetbreads, an onion, and a kitchen bouquet, and, when again boiling, remove to a slow fire where it will simmer 1 hour or until tender, adding a teaspoon of lemon juice and salt as needed. Drain, chill, and wipe between towels. Split each sweetbread, arrange, overlapping in wreath shape, on a cold dish, mask with a Mayonnaise, set in center a crisp center of lettuce-heart and garnish with a wreath of parsley and lettuce leaves.

SWEETBREAD ASPIC:

Soak 2 or 3 sets of sweetbreads 2 hours. Drain, and remove inedible parts. Bring to a boil 3 cups of Consommé, add the sweetbreads, and, when boiling again, remove to a slow fire. Skim and simmer nearly an hour or until tender, adding a teaspoon of lemon juice. Drain, chill sweetbreads, and re-heat the liquor freed of grease. Soak 20 minutes, in $\frac{1}{3}$ cup of cold water, $1\frac{1}{2}$ tablespoons of granulated gelatine. Dilute in the hot liquor, strain, and let cool nearly to jellying point, then coat inside surface of small, chilled fancy boat or shell mold, or, if these are not on hand, use ordinary timbale. Let stand till firm, and repeat process if needed to coat it with the jellying Consommé. When firm lay over bottom of mold some slices of chilled sweetbreads to about $\frac{1}{4}$ inch from mold's side. Add jellying Consommé to cover, gently pouring in, and let stand in a cold place until firm. Repeat the same process, finishing so as to fill mold with jellying Consommé to entirely screen meat. Set aside until firm. Unmold on a cold dish, and around it arrange a wreath of crisp lettuce leaves and parsley, garnishing with Aspic Croutons.

TONGUE ECARLATE IN ASPIC:

Boil a pickled Calf's Tongue until tender, and drain. Immerse in cold water, remove skin and root bone, shape neatly, wipe between towels, and chill. Put in a basin and set the basin in iced water so that it will float.

Baste the tongue with a cooling aspic near setting. When the screening is firm, repeat until the tongue is entirely coated with Aspic. When firm, arrange on a cold dish surrounded with Aspic Croutons or some of the chopped Aspic. Around it arrange a wreath of parsley and lettuce.

CHICKEN OR TONGUE MEDALLION ASPIC CHAUDFROID:

Used for the garnishing of cold entrées or salads.

While cold, neatly slice the white meat of a left-over roasted chicken or boiled pickled calf's tongue, etc. Cut with an oblong cutter, and chill. Coat with a cooling Chaudfroid Sauce as directed in "How to Prepare Chaudfroid," etc., and when firm screen with a cooling Aspic. Let stand until firm.

CHICKEN CHAUDFROID:

Clean and truss two squab chickens. Rub with a lemon slice, wrap over breast thin slices of lard-pork, arrange in a kettle over a bed of ham trimmings with 2 each, sliced carrots and onions. Add the giblets par-boiled and hot Chicken Consommé or stock to just cover the birds; if available include as a part of the liquid a little white wine. Bring quickly to a bubble, add a kitchen bouquet, cover and remove the kettle to a slow fire. Simmer about 30 minutes or till tender, turning the chicken over once. Remove the kettle from the fire and let stand in its own liquor until nearly cooled before draining, then drain and chill. Neatly take up the fillets, and cut them in even pieces. Separate other pieces from joint. Dip the chilled pieces one by one in a cooling Chaudfroid Sauce near setting, and place each piece on a chilled dish, separating one from another. Set over ice until firm. Pile in rock shape over a cold dish. Arrange around base a wreath of parsley and crisp lettuce leaves.

Left-over cooked chicken cut into nice, shapely pieces may be used in the same manner, and the liquor in which the chicken has been cooked may be used to make the Chaudfroid Sauce.

CHICKEN CHAUDFROID À LA PARISIENNE:

Cook about an hour, or until tender, a 3½ or 4 pound plump, tender chicken as above; drain and chill. Rub a Pâté-de-Foie-Gras through a sieve. In this pulp mix 3 tablespoons of cooling Aspic, and ⅔ cup of whipped cream; season with salt and a few grains of Cayenne, and with the mixture stuff the chicken. Neatly slice the fillets and replace the slices as they were before carving, and chill. Coat the chicken's entire surface with a cooling Chaudfroid Sauce near setting. When firm decorate the chicken breast with figures cut out of sliced truffle or, use tiny, crisp water-cress leaves, then screen entire surface of chicken with a cooling Aspic near setting point. Chill till firm. Place the chicken on center of a cold dish, and arrange around it some slices of Tomato Salad à la Russe and some Aspic Croutons. Garnish with crisp lettuce leaves and parsley.

**SWEETBREAD, TRUFFLE, CALF'S BRAIN,
AND TONGUE ASPIC:**

Blanch until tender one set of calf's brains as directed at "Boiled Calf's Brains." Let cool in its own liquor and drain. Have ready two sets of sweetbreads, boiled as at "Sweetbreads in Mayonnaise," a boiled pickled veal tongue, and two truffles. Chill these and wipe between towels. Cut off enough slices to stamp out figures to ornament bottom and sides of mold with alternate slices of sweetbread, truffle, brain, and tongue, and reserve the remaining smaller pieces to fill center. To ornament mold, consult "Ornamentation of Molded Aspic." The mold must be continually in broken ice. When the bottom and side of mold is coated with Aspic, ornamented, and firm, pour in Aspic to cover bottom ⅓ inch thick, and chill till firm. Arrange at bottom on this firm Aspic a layer of the sweetbread pieces. Add cooling Aspic to cover. Let stand until firm, then arrange over it a thin layer of truffle. Add cooling Aspic to cover, and when firm continue to fill mold as before with alternate layers of brains, tongue, etc., varying them as to color.

The sweetbreads may be cooked in hot Consommé and the strained liquor, with soaked gelatine added, may be used as Aspic.

CHICKEN IN ASPIC: ♪

Chill chicken cooked as directed at "Chicken Chaud-froid à la Parisienne," a boiled pickled tongue, and two truffles, and with them and aspic proceed as directed in recipe above. For truffle, pimentos, hard-boiled eggs, or figures cut out of stoned olives may be substituted, and the liquor in which the chicken has been cooked may be used to make a Quick Aspic.

FILLETS OF CHICKEN IN ASPIC:

Have ready a 3½-pounds tender, plump chicken cooked as directed at "Chicken à la Parisienne." Drain, and while the chicken is still a little warm, using a sharp, flexible, pointed knife, take up the fillets, letting the knife follow closely to the bone, and taking care not to tear or allow the under fillet to separate from the larger one. Remove skin and put into shape between two dishes, dredging over meat a little salt and white pepper, and a few drops of lemon juice. Set a small weight on top of dish and let chill in a cool place, then cut each large fillet into 4 pieces of even size and shape, running the knife diagonally at an angle of 45 degrees. Cover or screen bottom and sides of a chilled round mold, having a tub in center, and placed in ice, with a cooling Aspic near setting. When firm decorate bottom and sides with figures cut out of either sliced ham, tongue, truffle, or pimentos, and again screen with cooling Aspic to cover decorative article.

When firm add cooling Aspic to cover bottom of mold ⅓ inch deep. Let stand until firm, then arrange the chicken pieces overlapping. Add Aspic to comfortably cover the chicken. Chill till firm. Unmold over a cold dish, garnish around base with a wreath of crisp lettuce leaves, and send separately a Mayonnaise.

A Quick Aspic may be made with the stock in which the chicken has been cooked.

HAM MOUSSE:

Force through the meat chopper 8 ounces of cold, lean, boiled ham, skin and gristle removed. Rub the ham and $\frac{1}{4}$ cup of best butter through a purée strainer. To this pulp add 2 tablespoons of cooling Chaudfroid Sauce, 2 tablespoons of cooling Aspic near setting, and 3 tablespoons of very thick cream. Mix thoroughly, adding $\frac{1}{4}$ cup of chilled pastry cream beaten to a stiff, dry froth. Season rather highly with a few grains of Cayenne. Coat or screen the bottom and sides of 6 small chilled individual timbale molds with a cooling Aspic near setting, the timbales placed in broken ice. When firm ornament the timbales with figures cut out of pimentos and whites and yolks of sliced hard-boiled eggs, as directed at "Ornamentation of Molded Aspic." Cover and screen with a cooling Aspic. When firm fill the molds with the ham and whipped-cream mixture. Straighten surface, pour cooling Aspic to mask the filling, let stand till firm, unmold over crisp lettuce leaves, and garnish with Aspic Croutons.

CHICKEN MOUSSE À LA PARISIENNE:

Prepare and cook a chicken as directed at "Chicken Chaudfroid à la Parisienne," using as liquid 3 pints of boiling rich Chicken Consommé and a glass of Madeira wine. Drain and chill. Neatly scrape all the tender chicken meat from bone, and remove skin and gristle. Cut into pieces, pound in a mortar, adding 3 ounces of butter, then rub through a purée strainer. With this pulp mix $\frac{1}{2}$ cup of thick cream and $\frac{1}{2}$ cup of chilled pastry cream, whipped stiff-dry to bottom of bowl. Season as needed with a little salt and highly with a few grains of Cayenne. Make a Ham Mousse as directed in preceding article, adding to this 2 tablespoons of thick Tomato Purée. Season as needed with Paprika and color with a little carmine. Place in broken ice 1 large and 6 small individual timbale molds. Cover or screen the bottom and sides of molds with a cooling Aspic near setting. When firm proceed as directed in recipe above. Ornament bottoms and sides of molds with figures cut

out of sliced truffle, and cover and screen with cooling Aspic. When firm arrange over sides and bottoms of molds a layer of the Chicken Mousse mixture above, leaving in center an open space to introduce some Ham Mousse. Straighten surface, pour over cooling Aspic to comfortably cover, and let chill until firm.

Cook 1 cup of hominy grits as directed at "Hominy Croustade." When done turn into a wet, shallow round dish, in a layer about an inch thick. Let stand until cold and firm. Invert on center of a large, cold serving dish, chill over ice, then cover or screen with a cooling Chaudfroid Sauce for fowl, near setting. Set over ice until firm, then unmold large timbale over center of the Hominy Socle, unmold the smaller timbales around its base, and ornament with parsley, Aspic Croustons, pimentos, and truffle stars.

Use liquor in which the chicken has been cooked, to make a Quick Aspic.

BONED TURKEY IN ASPIC:

Clean, singe, wash, and wipe a tender, 8-pound turkey. Bone as directed at "Boning of Birds and Fowl."

Spread the boned turkey squarely over a board, skin downwards. Equalize the thickness of the meat on the skin by cutting slices from thickest part of legs and breast and laying these on the thinner parts of the turkey, reserving some long, thick, narrow slices of the meat. Sprinkle over a little salt and fresh-ground black pepper.

Place the reserved thick slices in a bowl, adding some long slices of choice lean ham, pickled tongue, and lard-pork. Add a cup of sherry and marinate in a cold place.

Cut into small pieces 1 pound of lean round of veal, the trimmings of ham, lard-pork, and tongue, gristle, fat, and skin removed, also the washed turkey liver. Season as needed rather highly with fresh-ground black pepper, a few grains of Cayenne, and a little nutmeg, then pound in a mortar and rub through a sieve, adding a beaten egg.

Spread a layer of this forcemeat over the turkey, and, while alternating the material as to color, arrange over it the thick slices of marinated ham, turkey, tongue, and lard-pork, each slice separate from the others. Spread over this a layer of forcemeat, then repeat with marinated slices of meat and forcemeat as above, gradually piling in center in order that the turkey may be rolled in an evenly thick, firm, round shape. Sew the skin on the back, roll in a strong cloth, and, using strong string or cord, tightly fasten the ends also in center in several places. Place the boned turkey in a kettle and add the remaining trimming of lard-pork, veal, ham, and tongue, the giblets, carcass, and skinned feet of the turkey, 2 split calf's feet, a large kitchen bouquet, 3 cloves inserted in an onion, 10 pepper-corns, 1 tablespoon of salt, and if available, a glass of white wine and the sherry used to marinate. Add boiling White Stock to cover, bring to a boil, skim, and cook slowly, simmering, 4 hours. When done remove kettle. When nearly cold drain the boned turkey, arrange between two dishes, put over top dish a weight, and set in a cold place to chill. Carefully remove string and cloth, and chill the boned turkey on a dish.

Strain the liquor, free it of fat, allow it to reduce very slowly on the back of the stove, remove and let cool. Before it jellies, use 2 egg-whites to clarify it as directed at "Aspic," strain through a double cheese-cloth, adding a little lemon juice, and when cool, still liquid at nearly setting point, and brush the chilled boned turkey with it. When firm repeat until fairly screened with Aspic.

If the calf's feet are not used in the mixture, dissolve in the clarified strained liquor the usual proportion of soaked gelatine required to jelly it.

JELLIED TROUT:

Poach a nice, large, fresh trout in a Court-Bouillon until tender, as directed in "To Boil or Poach Fish." Let cool in its own liquor. Gently lift fish, drain and chill. Carefully remove the skin on back, and baste or brush fish with a cooling Aspic near setting. Let stand in cold place until firm. Repeat till surface is screened

with Aspic. When firm carefully remove the fish to center of a chilled socle of rice previously screened with Aspic; then, taking on the point of a trussing needle one by one some nice shelled crimson shrimps, dip these in a cooling Aspic. Arrange symmetrically over back of fish, and let fall two drops of Aspic on each fixed shrimp; then place around the fish, alternately, some chilled small tomato cups and cucumber baskets filled with a Jellied Macedoine Salad (see recipe). Arrange around border some Tomato or Aspic Croutons. If Aspic Croutons are used, color the crouton liquor rosy-pink with carmine.

JELLIED HAM WITH JELLIED MACEDOINE SALAD:

Cook an 8-pound Virginia ham until tender as directed at 'Boiled Ham.' Let cool overnight in its own liquor. Chill the drained ham and trim its underneath surface neatly. Remove the rind without injuring the fat, leaving on 4 or 5 inches of rind around the bone. Trim off the black adhering to the ham, and wipe and press the fat slightly on a clean cloth to absorb the fat moisture. Remove as necessary any superfluous thickness of fat; then, running the blade of a sharp knife to the ham-bone, thinly slice half of the thickest part of ham. Using an oval cutter 2 inches in diameter, stamp out of the lean slices of ham 30 medallions. Spread on half of these slices a Purée of Pâté-de-Foie-Gras, cover these with remaining slices, and chill. Then brush top side of each stuffed slice with a cooling Aspic, and chill until firm.

Very thinly chop some Jellied Aspic and the trimmings of a truffle, reserving the stamped medallion slices of truffle for decoration. Mix the chopped ingredients, then force them through a pastry bag and small tube all around the border of jellied stuffed slices of ham. Arrange the ham on a chilled dish, open, carved side upwards, over a Hominy Socle screened with Aspic, fill the carved cavity with a Jellied Macedoine Salad as it begins to harden, piling the salad in dome shape, and chill till firm. Ornament around the base of this dome with crisp parsley greens, sections of hard-boiled eggs, and fancy

cut pieces of truffle and pimentos. Arrange the stuffed jellied ham slices all around this in wreath shape and overlapping. To make the medallions stick, let a few drops of Aspic fall on each spot over which a medallion is fixed.

Place a frilled paper on ham-bone, then, using a pastry bag and tube, force around the base of the ham a border of chopped Aspic. Garnish with Aspic Croutons. Reserve in cold place until firm.

CALF'S HEAD EN TORTUE, COLD:

Prepare a Calf's Head en Tortue, Hot. Dish it up as directed at that recipe and chill till firm. When ready to serve arrange around border some tomato slices stuffed as in Tomato Salad à la Russe, alternating these with slices of hard-boiled eggs, sour pickles, and stuffed olives.

DUCK PÂTÉ, COLD:

Prepare a tender, tame duck as for roast. Reserve the liver, to which add enough chicken or duck liver to obtain about $1\frac{1}{2}$ cups. Soak 15 minutes, drain, and wipe between towels. Simmer a sliced onion for a few minutes in 3 tablespoons of clarified melted butter, over a slow fire. Remove onion. In hot fat in pan, removed to a good fire, sauté the liver nearly 2 minutes, then remove liver and cool. In the butter left in pan, remove to a slow fire, simmer, $\frac{1}{2}$ minute on each side, a Pâté-de-Foie-Gras cut into slices. Remove the foie-gras and cool. Cut into small pieces 3 ounces of lard-pork, the liver, and the foie-gras, pound them to a paste in a mortar, then rub through a purée strainer, adding a tablespoon each of chopped parsley and cream. Thoroughly stir into this pulp 1 beaten whole egg, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of freshly-ground black pepper, and a dash of powdered thyme. Stuff the duck with this mixture and sew and truss as for entrée.

Make a rather stiff dough with $1\frac{1}{2}$ pounds of sifted flour, 1 teaspoon of salt, 5 ounces of lard and as much butter, 4 egg-yolks, and about $\frac{1}{2}$ cup of white wine, or, if wine not available, water. Allow the thoroughly

kneaded dough to rest awhile in a cold place. Pat and roll it down, fold 4 times, pat and let stand in a cool, dry place two hours. Roll the dough out into a sheet large enough to encase the duck, and place duck breast downwards on the center. Gather the corner and edges over back of bird and seal them together, brushing the edges with a little cold water to make them adhere, and leaving no thin open space. Wash all the surface with a beaten egg, and put on a wire grating set in a roast pan, back of bird downwards. Make in the top crust (the breast side of the bird) a fancy incision to allow evaporation, and bake in a rather hot, moderate oven about $1\frac{1}{2}$ hours. When done remove and let cool.

Neatly cut from top crust a cover slice large enough to lift out the bird. Slice lengthwise the breast of the duck, lift it out of crust, remove string, and spread on each slice some of the stuffing. Replace the slices as they were before carving, replace duck through the crust, cover, and reserve in a cold dry place to serve when wanted.

DUCKLING TIMBALE À LA FRANÇAISE:

Clean and draw a squab tame duck, remove breast-bone, stuff with a stuffing made as directed below, and truss and cook as directed at "Duck Braised," substituting for the boiling stock a pint of meat jelly Aspic. Add a glass of Sauterne. When done remove duck and free it of strings. Strain the liquor, and thoroughly skim off the fat. The liquor, cooled to nearly setting point, may be used as Aspic as directed below; but if lacking the meat jelly, use Consommé to cook the duck, then when done dissolve, in the heated liquor freed of fat, the usual proportion of soaked gelatine to jelly the article.

Stuffing: Soak the duck liver 15 minutes, and add to it 4 or 5 chicken livers; drain, and wipe between towels. Put in a small frying-pan, over a good fire, 1 tablespoon each of butter and oil, and sauté the liver $1\frac{1}{2}$ minutes in the hot fat. Pound the cold liver in a mortar, adding an equal quantity of pâté-de-foie-gras; then rub through a fine sieve, adding 1 tablespoon each of Panada and thick cream. Season as needed, rather highly.

Slice the fillet of the chilled duck and put back as it was before carving, spreading a little of the stuffing between the slices. Chill. Screen the entire surface of the bird with the above cooling Aspic near setting, and set aside to chill until firm. Take on the point of a trussing needle some large red canned cherries previously wiped between towels, dip these in the cooling Aspic, arrange over jellied duck breast, and, when firm, set aside until firm and jellied.

Dress the duck on a chilled Hominy Socle screened with Aspic. Coat 6 small individual timbale molds with port wine or orange jelly near setting. When firm repeat the coating of jelly. Let stand until firm again. Arrange in some chilled and drained canned cherries, and pour over cooling port wine or orange jelly near setting to cover cherries. Unmold around the duck's base alternating with Aspic Croutons.

VEAL AND HAM TUREEN:

Cut out of a pound of veal round some long slices $\frac{1}{2}$ inch thick and $\frac{2}{3}$ inch wide, removing gristle, fat, and skin; select best part of meat for slices, which reserve. Remove gristle and fat of remaining trimmings of veal and cut into small pieces. Slice and cut in same manner 1 pound of lean ham, also 1 pound of lard-pork. Pound to a paste all trimmings in a mortar, then rub through a purée strainer. Season with very little salt, or as needed, and rather highly with black pepper. Add a few grains of nutmeg or a dash of thyme. Mix thoroughly, adding 3 egg-yolks. Line an earthen tureen with a few thin slices of lard-pork, arrange at bottom a layer of forcemeat, and over it, alternately, the reserved slices of veal, lard-pork, and ham.

Cover with a layer of forcemeat, and repeat layers of meat slices and forcemeat until all are used, finishing with forcemeat. Cover with the lid, tightly, and bake in a moderate oven 3 hours. Let cool nearly to setting point, then carefully skim off the fat rising on top. Add a cooling Aspic to screen it, and set aside to chill till firm. Serve in tureen. If the pâté has to be unmolded, line it with buttered paper before filling the tureen.

VEAL AND HAM PÂTÉ:

Line an earthen tureen with a "Lining Paste for Cold Pâté" (see recipe), rolling out the lining paste $\frac{1}{4}$ of an inch thick. Over-run sides of tureen with the lining paste; then fill inside in the same manner and with same ingredients as directed in the preceding recipe. Moisten the edge of over-running paste, lay on top a crust of same paste to cover, fasten the edge in a fancy shape, wash cover with a beaten egg, make a fancy incision in center for evaporation, and bake in moderate oven 3 hours. Remove and allow it to entirely cool, then, through a small funnel introduced into the central incision, pour in a cup of cooling Aspic. Let stand in a cold, dry place until thoroughly chilled and firm. Carefully unmold on a cold dish.

Boning Birds and Fowl

Pluck dry, fresh-killed birds; singe, carefully pick out the pin feathers, wash, and wipe between towels. Draw the birds after they are boned. With a large bird, cut off the neck at about $1\frac{1}{2}$ inches from body, with a small one cut it close to body, then cut off the wings to the joint near the body, large birds having the tip wings cut at the second joint. Cut off the feet at first joint. Take great care all through the following operation never to break or pierce the skin and to scrape the meat neatly close to bone; also not to break the skin that envelopes the entrails, when sinewy parts are encountered, running the knife through them.

With a sharp special knife, starting at the neck, cut through skin the entire central length of backbone, then gradually scrape the meat off this bone, towards shoulder blade, also scraping the meat off that bone. Then, with knife always following the carcass towards the wing joints, at that point cut through sinewy portion. Starting again on same side from backbone, thoroughly scrape the meat off backbone and ribs, towards the wish-bone. Free wish-bone and neck-bone, then, using fingers, loosen the windpipe and crop, which carefully remove. Continue with the knife very gradually and carefully following wish-bone till nearly to the breastbone, when great

care should be taken not to break the skin, which at this spot nearly adheres to tip edge of bone. Starting from the end of the leg, run the knife close to bone, loosen the meat as far as possible, scrape the meat off first and second joints, then draw the bones of the legs. Repeat the same operation on the other side, then draw out the carcass and arrange the bird in its former shape.

MOUSSE OF FOIE-GRAS:

With an Aspic or Quick Aspic, which may be flavored with a little sherry, screen and ornament some chilled small individual timbale molds as directed at "Ornamentation of Molded Aspic," decorating it with a truffle. Let stand until firm. Pound and rub through a sieve a pâté-de-foie-gras, and into each cup of this pulp gently stir $\frac{1}{2}$ cup of cream beaten stiff to bottom of bowl and 2 tablespoons of cooling Aspic. Season as needed with salt and a few grains of Cayenne. With this fill the jellied timbale $\frac{3}{4}$ full, straighten surface, pour the cooling Aspic to fill mold, and let stand buried in cracked ice 2 hours. Unmold on a cold dish.

HEAD CHEESE:

Take a pig's head cut into 4 pieces, wash, and let stand 4 days in a brine, enough to cover. Drain, wash, and rinse. Put in a kettle, add cold water to cover, and bring to a boil, leaving out salt. If the head has not been pickled, immerse it in boiling water to cover, bring quickly to a boil, and add a tablespoon of salt. Remove the kettle to a slow fire, adding a crushed bean garlic, 4 cloves inserted in an onion, and a large kitchen bouquet, and let simmer slowly till tender, when the meat is easily parted from the bone.

When done, remove kettle, lift out the tongue, immerse it in plenty of cold water, and peel off skin. Return tongue to kettle and allow the head to stand until nearly cold. Drain. Bone the head, cut the meat into small even pieces, and arrange it in a collander, dividing the pieces of tongue throughout the mixture, while seasoning as needed with a little salt and rather highly with

black pepper and powdered thyme. Put a dish on top, set a weight over it, and let stand in a cold place until next day. The collected liquor freed of fat may be reduced into Aspic, and used to screen the head cheese.

COLD FISH:

Any kind of fish that is good boiled may be poached as directed at, "To Boil or Poach Fish." Cooled, it may be arranged in nice shape on a cold dish. Garnish with parsley greens, water-cress, or lettuce, and serve with Mayonnaise or Tartar Sauce.

CHAPTER X

TIMBALES, MOUSSES, FORCEMEATS,
QUENELLES, ETC.

TIMBALES are smooth mixtures poached in the oven in molds of different shapes, whether they be ring border, cylindrical molds with tube in center, or small individual molds, etc. They usually have the bottom and sides ornamented as explained below. When sliced truffle is cut into figures, the trimmings are chopped and usually added to the mixture or its sauce. Occasionally the timbale mold is lined with pastry crust. Timbales are always unmolded before serving, and these mixtures therefore should always be firm enough to retain their shape, although a too compact texture is not desirable as it loses in succulency.

Forcemeat timbales are made of the raw pulp of fowl, veal, brains, sweetbreads or fish, and the cooked pulp of cured ham, pickled tongue, or cured fish. Sometimes left-over cooked fish or meat is substituted for the raw material; but, although acceptable, they do not give so fine results.

Vegetables used in timbales are always cooked. Occasionally they are used to ornament bottom and side of timbale, and occasionally, also, the center is filled with vegetables or with salpicon of cooked meat or fish mixed in a thick sauce. In egg timbale the eggs are slightly beaten. They are occasionally added to some softened meat pulp or cooked Vegetable Purée to which a Thick Sauce or cream is added. Eggs give to the finished article a smooth, consistent texture that holds its shape. Occasionally the yolks and whites of eggs are separated, the whites beaten stiff and added last, and the timbales thus made are called "Mousses." In this latter mixture, whipped cream is often added.

The molds are always ornamented before filling. All the ingredients used in decoration are thoroughly chilled; the vegetables are always blanched; carrots, beets, tur-

nips, etc., or truffle, sour pickles, yolks and whites of hard-boiled eggs, etc., are sliced, then figures cut out with a fancy cutter. Cauliflower is cut into small flowerets of same size. Figures are also cut out of sliced cooked pickled tongue, cured ham, and cooked slices of the meats. Fish timbales are occasionally lined with raw fish fillet.

To Ornament a Timbale Mold, butter bottom and sides of mold. Chill in ice water. Brush the portion of the decorating articles that must adhere to the mold with melted butter, then, taking care to alternate these in a decorative manner as to color and shape, take them one by one at the point of a trussing needle and set them into place, beginning at the bottom. When the bottom is decorated, gradually decorate the sides from bottom upwards, let fall on each fixed piece of decoration a few drops of melted butter to assure its sticking, let stand until very firm, then carefully fill mold.

To facilitate the unmolding of a timbale filled with a thick mixture, set at bottom of mold a buttered sheet of paper before beginning to ornament it.

Timbales and mousses are poached in the same manner. Arrange the timbale over a sheet of paper in a basin or pan. Add boiling water to three-fourths of mold's height, cover with greased paper, and bake in a slow, moderate oven that will keep the water constantly at a few degrees below the boiling point.

Timbales to be eaten cold are unmolded when thoroughly cooled. When eaten hot, they should be removed from the hot water 5 or 6 minutes before serving, then let stand 4 minutes before unmolding; but, lacking time, dip mold in cold water a few seconds, wipe, then, using a small, flexible palette, loosen the article from the sides, beginning at edge of mold. Gently tip mold to find out if it is loosened; then place serving-dish upside down, center of dish over center of mold; carefully invert; knock on the top of mold and carefully lift. Wipe off liquor, if any, that runs down on dish.

FORCEMEAT:

Forcemeat is the raw meat of either fowl, game, veal, fish, shellfish, etc., cut into pieces, skin and gristle removed, then pounded in a mortar to break the fibres of the meat, and then rubbed through a purée strainer. The raw material used should be very fresh. Often a Flour or Bread Panada is added before the meat is rubbed through the sieve. Then eggs, butter, or cream are incorporated in this pulp and the resulting mixture should always be consistent. This forcemeat is used to make timbales, mousses, quenelles, etc.

Left-over meat or fish may be utilized to make forcemeat, as a matter of economy, and while raw meat or fish makes the finest forcemeat, the cooked article may be substituted in any forcemeat recipe for the raw meat or fish pulp.

BREAD PANADA:

Remove crusts of some white stale bread, say about $\frac{1}{2}$ pound; break into pieces and soak in enough cold water to cover. Turn into a cheese-cloth, and press or squeeze liquor out. Spread over the bottom of a small saucepan and add $\frac{1}{3}$ cup of White Stock or scalded milk. Set over a moderate fire and cook, stirring constantly with a wooden spoon, until it forms into a very thick mixture that leaves the sides of pan. Remove from fire.

Occasionally a slightly beaten egg or yolk of egg is added. Cold, use as directed.

FLOUR PANADA:

Place over fire, in a small saucepan, $\frac{3}{4}$ cup of either scalded milk, White Stock, or water. Add 2 tablespoons of butter, and salt as needed. When boiling stir in a scant $\frac{3}{4}$ cup of sifted flour. Cook, constantly stirring with wooden spoon, until it has become a thick, smooth paste that leaves the side of pan. Turn the paste onto a buttered dish and allow it to cool. When the article must not necessarily remain white, add a slightly beaten egg-yolk.

QUENELLES:

Quenelles are made of any kind of forcemeat. In any recipe for fish or meat Quenelles, there may be substituted an equal weight of any other kind of meat or fish pulp for the kinds specified. These mixtures are always kept in a cold place until needed. Quenelles used as garnishing for soup, patties or other entrées, are usually shaped with a very small teaspoon into the size and shape of a tiny olive. When served as the main dish, with sauce, as a hot entrée, they are shaped with tablespoons. Occasionally rather firm quenelle mixtures are shaped with pastry bag and tube.

To shape quenelles, use two spoons dipped in hot water. Take in one spoon a rounded amount of the mixture and shape its surface with the other spoon. Drop them on a buttered dish, and chill.

Quenelles are poached. Bring to a boil in a flat saucepan over the fire say 1 quart of water, and add a teaspoon of salt. Remove to a very slow fire. Drop in a quenelle, to try if the consistency is right, and let it cook to just under the boiling point, small quenelles 6 to 9 minutes, large quenelles about 12 minutes, or until firm; if too soft, the quenelle will break apart. Add to mixture an egg-yolk. If too firm, add cream or soft butter as mixture requires.

CHICKEN CREAM FORCEMEAT:

Utilized for mousses, timbales, or quenelles.

Scrape from a raw chicken or turkey $\frac{1}{2}$ pound of white meat, skin, fat, and gristle removed. Cut into small pieces, and, while pounding in a mortar, gradually add an egg-white, then rub through a purée strainer. Chill in a bowl. Chill also $\frac{1}{2}$ pint of pastry cream. Then, while stirring the chicken pulp, add very slowly just enough cream to soften it a little, and while beating, add the remaining cream very slowly and beat vigorously till it forms a consistent, smooth paste. Season as needed with salt, a few grains of Cayenne, and, at option, a small dash of very thinly chopped fresh thyme or mace. Try if consistency is right by poaching 9 minutes, as above,

a little ball the size of a very small olive. If it falls apart and breaks, add a beaten egg-white. If too thick, beat in a little more cream.

CHICKEN FLOUR PANADA FORCEMEAT:

Have ready a cold Flour Panada as directed at that recipe. Scrape from a raw chicken breast nearly 10 ounces of white meat, skin and gristle removed. Cut it into pieces, and, while pounding it to a soft mass in a mortar, add the white of an egg and the Panada. Rub through a purée strainer, chill in a bowl, then beat in very gradually $\frac{1}{2}$ cup of thick cream. Rub through a purée strainer, chill 1 hour, beat in 1 or 2 tablespoons of cream, and season as needed with salt, a few grains of Cayenne, and mace or nutmeg. Try its consistency by dropping from a small teaspoon a ball of the mixture in very hot but not boiling water. If too thin it will part and break; then add a beaten egg-white. If too thick, add a little cream.

Flour Panada are not so succulent as cream forcemeats, but are finer than Bread Panada Forcemeat.

CHICKEN BREAD PANADA FORCEMEAT:

Take $\frac{1}{2}$ pound of raw white chicken meat as above, removing skin and gristle, and cut into pieces. Pound in a mortar until the fibers are broken, and add an egg-white. Rub through a purée strainer, adding $\frac{1}{2}$ cup of Bread Panada. Pound again while adding 3 ounces of butter and 3 egg-yolks. Continue pounding till it forms a consistent mixture, then rub through a purée strainer, chill in a bowl, and, while stirring or beating, add a scant cup of thick cream. Season as needed with salt, a few grains of Cayenne, and mace or nutmeg. Try a small ball by poaching it, as directed above. If it breaks add an egg-yolk; if too thick, add a little cream or soft but not melted butter.

CREAM FISH FORCEMEAT, I:

Take $\frac{1}{4}$ pound of raw meat of any firm, white fish, skin and gristle removed. Cut into pieces, and while

pounding in a mortar, add gradually two egg-yolks. Rub through a purée strainer, and chill in a bowl. Then, constantly beating, add very gradually $\frac{1}{4}$ cup of pastry cream. Season as needed with salt, a few grains of Cayenne, and mace or nutmeg. Reserve in a cold place until needed.

Especially good to stuff smelts, soles, etc.

VEAL FORCEMEAT:

In any one of the Chicken Force meat recipes given above substitute for the chicken an equal amount of veal fillet.

CREAM VEAL FORCEMEAT:

- $\frac{1}{2}$ pound lean veal meat (cushion), cut into dice
- 4 ounces fresh fat lard-pork, cut into dice
- 1 tablespoon butter
- 3 tablespoons very thinly chopped shallot
- $\frac{1}{5}$ cup fresh pastry cream
- 1 tablespoon chopped parsley
- $\frac{2}{3}$ teaspoon salt
- $\frac{1}{3}$ teaspoon pepper

Simmer the shallot over a slow fire a few minutes in melted butter. Remove and reserve. Pound the veal and lard-pork to a paste, adding the shallot. Rub through a purée strainer. Chill in a bowl. Then beat the cream in, very gradually. Add parsley and seasoning.

GAME FORCEMEAT:

Have ready a cooled Flour Panada, made as directed at that recipe. Take $\frac{3}{4}$ pound of the raw meat of game cut into pieces, skin and sinew removed, and pound to a fine paste in a mortar. Gradually add the Flour Panada, 3 ounces of butter, $\frac{2}{5}$ cup of thick cream, 2 whole eggs and 2 egg-yolks. Season as needed with salt, a few grains of Cayenne, and mace or nutmeg. Then rub through a sieve.

The liquid used to make the above Flour Panada should be a Game Stock made with the bones and trimmings of game used. Try a small ball of it by poaching. If it breaks apart, add an egg-white. If too thick, add cream or soft but not melted butter.

STUFFING FOR GRATIN DISH:

Use either raw or cooked veal or chicken. Take $\frac{1}{2}$ pound of meat, removing gristle, fat, and skin. Cut into pieces. Pound in a mortar with $\frac{1}{4}$ cup of canned mushrooms. Continue pounding, and add, all thinly chopped, 1 tablespoon of parsley and 1 teaspoon of chive. Add $\frac{1}{2}$ cup of Bread Panada made with White Stock, add also as much butter, and, gradually, 2 egg-yolks. Season as needed with salt, black pepper, and mace or thyme; then rub through a sieve.

Often utilized with remnant chicken or veal scallops, etc.

STUFFED OLIVES:

With a small, sharp-pointed knife, stone 2 dozen or more large green olives. Inserting the knife as far down as the stone at olive's extremity, turn the olive with left hand while holding the knife with the right, and detach the meat from the pit by running the knife in spirals as close as possible to stone. The olive thus pitted will spring back into its original shape, leaving a cavity where stone was removed, which is filled with the following Forcemeat:

Pound 2 ounces of lean ham cut into pieces and free of skin. Add 1 ounce of Bread Panada and 2 tablespoons of Tomato Purée. Rub through a sieve. Stir in a teaspoon of cold thick White or Brown Sauce, or of the sauce with which the olive is going to be served. Beat in one egg-yolk. Season as needed. Put this stuffing in a pastry bag with a tube, and force stuffing into olive. Poach, as Quenelles, 9 minutes.

CHAPTER XI

FISH, LOBSTERS, CRABS, OYSTERS, CLAMS, AND MUSSELS, TERRAPIN AND FROGS' LEGS, SALTED FISH, ETC.

FISH, with the exception of salmon, mackerel, and eel, are desirable foods because of their digestibility, although the food value of fish is not so high as of meat or fowls. Salted and cured fish are richer in protein than the fresh product.

On account of their strong flavor, fish should not be kept in the refrigerator, but they should be kept in a cold place and cooked very fresh, as by standing they lose their flavor and digestibility. Fresh fish have bright scales, firm flesh, and the eyes full and bright.

Fish are poached or broiled, steamed, fried, baked, stewed, sauted or planked.

How to Clean Fish

Usually small fish are cooked with head and tail left on. Larger fish have the tail and head removed, excepting when served in a decorative manner or when poached.

To clean fish, take a pair of scissors, cut off the fins, and remove the eyes. Spread the fish over a board, then beginning at the tail, scrape the scales off with a knife, towards the head. Occasionally wipe the knife to remove the accumulated scales. Make an incision in the stomach, through which remove entrails. Thoroughly wash the fish in several waters, taking care to remove the coagulated blood attached to backbone. Rinse and drain. Then, using a wet cloth wrung out of fresh cold water, wipe the fish thoroughly, especially inside.

How to Skin Fish

Using a sharp knife, cut off a small strip of skin down the entire length of the backbone, then, at the tail, loosen enough skin to obtain a firm hold, and holding this

loosened skin between the thumb and fore-finger of right hand, hold tail with left hand, and, with a strong pull, draw off the entire skin, on one side; then, turn the fish and repeat the same operation on the other side. If the fish is not strictly fresh, loosen skin from meat gradually, working more cautiously.

How to Remove the Fillets of Fish

Run a sharp knife through skin straight down entire length of backbone, closely following the bone. Loosen and neatly scrape the meat from the bone, thus removing the fillet. Then put the fillet, skin downwards, on the board and, at the tail, with a sharp incision loosen skin from flesh to get a firm hold. Then, grasping the skin with thumb and fore-finger of left hand, with the right hand run the knife under the skin the entire length of the fillet, toward the head, and repeat operation on other side of fish.

When the fillets are too large, run the knife at an angle through fillet to obtain two or more smaller fillets of even size and shape, each one suitable for a service. Or, take the fillet from a cut or slice of large fish.

Rolled fillets are often fastened with a buttered toothpick, removed before serving. When the rolled fillets are to be fried in hot, deep fat, roll one fillet for each service around a raw potato shaped like a cork. Fasten the pointed ends with a buttered toothpick, and remove potato and toothpick before serving.

These fried fillets of fish are occasionally served in a Potato Croustade, the center filled with any one of the following hot sauces: Bearnaise, Tomato, Tartar, etc. Sometimes the rolled fillets, simply fastened with buttered toothpicks, are cooked in Cocottes or poached, and occasionally they are baked.

To Bone Fish

Clean and skin fish as directed above. Using a sharp knife and beginning at the tail, neatly split the fish through the entire central length of the backbone, the knife following closely to the bone, thus separating the fish into two parts. Spread on the board entrail side

up. One half-section will have no backbone and the small bones may be picked out with finger and knife. Turn the other half of the fish, open, split side down, and remove flesh from bone with the knife as above. Turn over, and remove small remaining bones.

Small fish may be split open through the stomach, without separating the fillet; then spread skin downwards on the board. Examine the bony frame, first loosen the little bones attached to the backbone, and then scrape the meat from the backbone.

COURT-BOUILLON:

Put 1 gallon of cold water in a kettle, add $\frac{1}{4}$ cup of mild vinegar, or use $2\frac{1}{2}$ tablespoons of vinegar and 1 tablespoon of lemon juice, one tablespoon of salt, 2 each, sliced onions and carrots, 3 cloves, 10 pepper-corns, a sprig of thyme, 2 white celery sticks, the white part of a leek, a few sprigs of parsley, and a quarter bay leaf. Bring to a boil, simmer one hour, strain, and reserve in a cold place. This bouillon may be used several times.

Court-Bouillon is used to poach and flavor rather large fish, the vinegar hardening the fish texture, thus retaining its nutriment. Large fish to be poached are immersed in lukewarm Court-Bouillon, as in this manner they retain their shape and do not burst. It is best to make the bouillon beforehand; or else the vegetables and condiments should be encased in a cheese-cloth, or wrap the fish in a cheese-cloth.

BOILED OR POACHED FISH:

Clean fish as directed above. To preserve its shape, it is occasionally encased in a cheese-cloth. Arrange over the rack in the fish-kettle, or, lacking a rack, a section of fish may be placed on a dish in a kettle. Add, to thoroughly cover the fish, a lukewarm Court-Bouillon prepared as above, not warmer than 115° F.

Avoid adding the bouillon either too cold or too hot. Bring it to the boiling point over a moderate fire. Remove the kettle at once to a spot on the stove that will keep the mixture constantly threatening to boil but never

actually boiling. Cook 10 or 12 minutes for each pound, the time counting from the instant boiling begins, and also depending on the thickness of the fish. Lacking the Court Bouillon, pour over fish arranged in kettle lukewarm water to cover, and set over a moderate fire. Add to each gallon of water 2 tablespoons of salt, $\frac{1}{4}$ cup of vinegar, a kitchen bouquet and a few pepper-corns. Finish as above. Drain the fish thoroughly, slip it onto a napkin over a hot dish, and garnish with parsley green and quartered lemon. The kettle should be set over a moderate fire till it reaches the boiling point, and the kettle shaken occasionally to shift the heating liquid so that heat may penetrate evenly through to center, else the fish will burst and crack.

BROILED FISH:

Sardines, smelts, small trout, and all small fish are broiled without splitting, with the heads and tails preferably left on, but removed if desired. Shad, mackerel, blue fish, haddock, and fish of moderate size are split down the back and head, or through stomach and head, and boned, the head left on or not as desired. Chicken halibut, salmon, and other large fish, are usually cut into slices about 1 inch thick: but if these fish are of moderate thickness, the tail portion may be split, provided that it is not thicker than, say, $1\frac{1}{4}$ inches.

Clean the fish thoroughly, and bone if so directed. Wipe perfectly dry between towels. Marinate the fish 30 minutes in a little oil, seasoned with a little salt and pepper. To flavor, add a few sprigs of parsley and slices of shallots or onions. Turn over occasionally.

Arrange the fish on a hot, greased broiler over a hot, clear fire of coal, with flesh side first exposed directly to the rays at fire source. As the skin side browns much quicker than the flesh side and burns easily, most of the cooking should be done on the flesh side. The skin side is done enough when richly golden-colored, and should remain over fire only a few seconds or it will burn. At the beginning the fish should be kept close to the fire to sear its surface as quickly as possible, keeping the flesh side 1 minute and the skin side 10 seconds alternately

exposed to the heat, holding it gradually farther away as it gradually colors, and, turning over as needed till tender, taking care not to burn skin side.

To turn a broiling fish, take a pastry palette and carefully loosen fish surface from broiler wires and turn. To remove a broiled fish, bring border of dish close to fish and slip fish, loosened, onto dish. Garnish around fish with a wreath of parsley green or water-cress, and fancy slices or cuts of lemon which may be sprinkled with Paprika. Often a *Maître d'Hotel* Butter is spread over fish.

Thick fillet of fish broiled till golden-colored are occasionally finished by cooking in a hot oven until tender.

STEAMED FISH:

To steam fish, clean fish as above, leaving on the head. Fasten the tail to the fish's teeth, thus forming a loop or circle. Or, using buttered skewers, fasten the fish into a form like the letter "S," and tie with string. Marinate the fish in a cold place 5 hours, in a thoroughly chilled Court-Bouillon, enough to cover. Arrange the fish upright in a steamer thoroughly heated over a good fire, the lower pot $\frac{2}{3}$ full of boiling water. Cover with lid, with a cloth between lid and steamer. Cook until tender, when the meat will separate easily from bone.

To preserve its shape, the head may be firmly wrapped in a cheese-cloth. Serve in same manner as Boiled or Poached Fish, removing the skewers, string and cheese-cloth.

BAKED FISH:

Clean fish as above and wipe perfectly dry. If the fish is to be boned and stuffed, the head is left on. Make with a sharp knife a short incision in the stomach just large enough to remove the entrails, and thoroughly clean inside. Wash and wipe. Occasionally the fish is boned as directed in recipe "*Sole Cooked Whole*." Arranging fish in its natural shape, dredge inside with salt and pepper, stuff, and sew, leaving an open space inside to allow stuffing to expand.

To bake and serve fish upright, it may be formed like the letter "S." Keep it in shape with buttered skewers fastened with twine. Marinate the fish in a cold place 1 hour in a little oil or melted butter, adding salt, fresh-ground pepper, thin slices of onion, and parsley and thin lemon slices.

Fish to be baked are occasionally larded with thin strips of salt pork inserted or simply placed over the back of fish. When the fish are not marinated, brush them with a little melted butter and lemon juice and dredge over some salt and pepper.

Arrange the fish in dripping pan over a "fish sheet." Lacking this you may use the rind of lard-pork, having this large enough to lift out the fish when done. Or arrange fish on trimming of lard-pork. Add to pan a tablespoon of onion juice. Cover with an oiled paper. Bake the fish in hot oven until seared, when the heat may be reduced. Allow 15 minutes to the pound, baste every 10 minutes, twice at first with a little melted butter, then with the liquor in pan.

When the fish head is left on, introduce into the head a clove inserted in a shallot, a few sprigs of parsley, and a sprig of thyme.

Cuts of large fish, 2 or 3 pounds, are often baked in a like manner. Fish steaks 1 inch thick are also often baked as above. Occasionally these have such sauces added as Brown, White, Tomato, Spanish, or Creole.

FRIED FISH:

Clean the fish as above and wipe perfectly dry. Dredge fish with salt and pepper, roll in a little seasoned milk, then roll in flour, entirely coating the surface, then shaking off surplus flour. Small fish or fillet of fish floured as above are occasionally rolled in beaten egg and in crumbs.

To fry fish, bring the fat over a brisk fire to smoking point; immerse carefully 2 or 3 small fish at a time, no more, else it will reduce heat of the fat to too great an extent. Using a perfectly dry skimmer, turn over after 1 minute in the hot fat. Cook so they are a golden brown after $2\frac{1}{2}$ to 3 minutes in the hot fat, that

is, small fish, such as smelts or small sole. The cooked article should be crisp, tender, and golden-brown colored. Drain on brown paper at open oven door. Serve at once, garnishing with a wreath of parsley green around the overlapping fish arranged on center of a hot dish.

Re-heat the fat each time before frying more fish.

Care of Fat after Frying Fish: Remove fat from fire, cool 1 hour, and proceed as directed at "Care of Fat after Frying." The fat thus treated will retain no fish flavor and will keep a longer time.

SAUTED FISH:

Small fish, such as trout and smelts, are often sauted with head and skin on. Other fish are cut into slices.

Sprinkle over salt and pepper, and roll in flour, or in rich milk then in flour.

Occasionally salmon slices floured as above are rolled in beaten egg, then in cornmeal.

Put $1\frac{1}{2}$ tablespoons of oil and as much butter in a frying pan over a rather hot, moderate fire. When hot arrange fish in pan to nearly cover its surface. Cook until golden-colored, then, using a pancake turner, turn the fish and cook the other side until also golden-colored. Repeat until fish is tender and uniformly colored golden brown.

PLANKED FISH:

Shad is at its best planked, while white fish, mackeral, smelts, cod, striped bass, salmon, halibut, and nearly all the salt-water fish may be planked.

Procure an oak board 1 inch thick or more and about 10 to 12 inches wide by 16 to 20 inches in length, with the corners rounded and the face grooved.

Clean the fish and wipe between towels. Season with salt and pepper, roll in a little oil, and let stand $\frac{1}{2}$ hour. Flavor by adding a few sprigs of parsley and thin slices of lemon and onion.

Heat the board in a hot oven. Brush the surface with the oil of the marinate. Arrange the fish over it, and place at once in a hot oven, cooking for 12 to 25 minutes, according to thickness. Five minutes before the fish is

done, remove from oven, and at once, using a pastry bag and star tube, make on the plank a border of a croquette or ring potato mixture. Brush over with a beaten egg-yolk and at once return the fish to the hot oven and bake until the fish is done and the ring golden-colored.

The space between the fish and the potato ring may be filled with all the hot vegetables available. The different kinds of vegetables may be piled around the fish, alternating as to color; or some Macedoine Vegetables may be used. Spread fish with a *Maître d'Hotel* Butter and serve.

Planked fish prepared in this manner is often served as a single-course meal.

If the marinate has not been used, rub the board with a crushed onion and sprig of parsley.

FISH STEW GARNISHING:

Used to garnish large poached, baked, or planked fish having a potato border; or to fill *Bouchées*, *Patties*, *Cases*, etc.

Wash soft roe, milt of herring or mackerel. Soak in a change of cold water, and drain. Turn into salted, boiling water to cover, adding 1 tablespoon of vinegar and a slice of lemon. Simmer until tender, or about 20 minutes, and drain. Cut into dice and re-heat in a sauce made as directed below.

Lacking the soft roe, or as a variation, use alone or in combination the cooked meat of shelled shrimps, mussels, crawfish, lobster, clams, crab, or parboiled oysters, the larger articles being cut into dice.

Sauce: Prepare for each 2 cups of solid material $1\frac{1}{2}$ cups of fish *Velouté* Sauce. Stir in 2 slightly-beaten egg-yolks, and while stirring, cook, under the boiling point, until the eggs are set. Reserving the sauce in a bath of hot water, beat in 1 ounce of Shrimp or Lobster Butter cut into bits. Season as needed with a few grains of salt and Cayenne.

FISH FORCEMEAT, I:

Used for quenelles or stuffed fish.

Turn into $\frac{1}{3}$ cup of milk, in a saucepan over a slow

fire, 5 ounces of white bread, crust removed and cut in pieces. Cook, stirring until it is thick and leaves the side of pan. Remove from fire and beat in 2 egg-yolks, cold. Using only one kind of fish, whether it be halibut or any firm, white fish, cut into pieces, removing bones and skin. Pound, then rub through a sieve to obtain 2 cups of pulp. Combine with the first mixture, adding 1 cup of butter, 2 whole eggs, and 1 tablespoon of chopped parsley, mixing thoroughly. Rub through a sieve. Season as needed with salt and pepper, and mace or thyme. Try its consistency by poaching a small ball; if it breaks, add an egg-white; if too thick, add a little soft but not melted butter, or some cream.

FISH FORCEMEAT, II:

Used for quenelles served as entrées.

| | |
|---|-----------------------------------|
| $\frac{1}{2}$ pound white fish meat free of skin and gristle | Butter the size of a large egg |
| 1 white of egg | 1 teaspoon salt |
| 1 whole egg | A few grains Cayenne |
| $\frac{1}{2}$ cup Bread Panada | $\frac{3}{4}$ cup pastry cream |

Cut fish into pieces. Pound it to a paste in a mortar, adding gradually the eggs. Continue pounding, add the Panada, then the butter, salt, and Cayenne. Rub through sieve, then add the cream beaten just light but not dry. Poach a small ball of it to try its consistency. If too thin, it will break; then add a white or yolk of egg. If too thick, add cream.

CREAM FISH FORCEMEAT, II:

Used for fish timbales or border ring.

| | |
|------------------------|--------------------------------|
| 2 cups white fish pulp | 2 egg whites |
| 1 teaspoon salt | A few grains Cayenne |
| A dash of mace | $\frac{3}{4}$ pint thick cream |

Remove skins and bones of fish, cut into pieces, and pound to a fine paste in a mortar, adding gradually the unbeaten eggs. Then rub through a sieve. Season as needed. Beat in the cream very slowly. Try consistency by poaching as above.

FISH STUFFING, I:

Melt $1\frac{1}{2}$ tablespoons of butter over a slow fire. Add a very thinly chopped shallot. Simmer a few minutes, and mix thoroughly with the following mixture: Stir into $\frac{1}{4}$ cup of milk or White Stock 1 cup of white bread or cracker crumbs or half and half. When the liquor is thoroughly absorbed, stir in, all thinly chopped, 1 teaspoon of parsley, 1 teaspoon of capers or sour pickles, liquor pressed out, and a few leaves of fresh thyme. Add salt as needed, season rather highly with fresh-ground black pepper, and mace or thyme. As a variation, omit the capers and pickles, and add 1 tablespoon of chopped tender, white celery stalk.

FISH STUFFING, II:

To butter the size of a large egg, add 3 or 4 tablespoons of boiling water. Add $\frac{1}{4}$ teaspoon of salt and as much fresh-ground pepper and onion juice. Then mix with cracker or fresh-grated stale bread crumbs, or half and half, adding enough crumbs to obtain a thick paste. Flavor to the taste with mace or thyme and add 1 teaspoon of chopped parsley.

OYSTER STUFFING FOR FISH:

Melt butter the size of a large egg. Stir in a few grains of Cayenne, 1 tablespoon of lemon juice, and 1 teaspoon of chopped parsley. Mix thoroughly with a cup of cracker crumbs. Rinse a dozen fresh-shelled oysters, remove viscous part, cut the oysters into dice, and mix them in first mixture.

Or, rinse the oysters, wiped between towels, roll in cracker meal, in beaten egg and crumbs, sauté to a delicate golden color in hot clarified butter, then spread inside of fish the above stuffing, arrange over it the oysters, and sew.

BREAD STUFFING:

Soak in hot water or milk $1\frac{1}{2}$ cups of white bread, crust removed. Turn into a cheese-cloth, allow it to drip, or, if necessary, press the liquor out, to obtain

a thick paste. Simmer a few minutes over a slow fire, in 2 tablespoons of melted butter, 2 tablespoons of very thinly chopped tender shallot. Mix it thoroughly into the first mixture, adding 2 tablespoons of grated salt pork or suet, skin removed, and 1 tablespoon of chopped parsley. Season as needed with salt, and rather highly with fresh-ground pepper. If desired, add chopped parsley or a dash of thyme.

POACHED SALMON-SHRIMP SAUCE:

Clean and prepare for poaching a salmon or a cut of salmon. If a whole salmon, arrange upright on a rack in kettle. Add, to thoroughly cover it, a lukewarm Court-Bouillon prepared beforehand as directed at that recipe. Add 3 slices of lemon and a tablespoon of salt. Place the kettle over a moderate fire and bring to a boil, then remove it to where it will constantly threaten to boil but never quite, until tender, or, about 10 minutes to each pound of fish. Carefully lift rack and fish, drain 2 minutes, slip it upright from rack onto a napkin, place on a hot, long fish dish, and arrange around the base some unshelled crimson shrimps. Garnish border of dish with a wreath of parsley and fancy cut pieces of lemons. Send separately in a boat a Shrimp Sauce.

Whole salmon are very seldom served, except at banquets, but a large or small cut of salmon wrapped in a cheese-cloth may be cooked and served as above. The liquor in which the salmon has been poached may be utilized to make the sauce.

SALMON TROUT HOLLANDAISE:

Poach a salmon trout as directed in preceding recipe. When done slip the drained fish upright over a napkin onto a hot dish. Garnish with parsley greens and quartered lemon, and send separately a Hollandaise Sauce.

POACHED SALMON STEAK:

Arrange some salmon slices, 1 inch thick, over the rack in the fish kettle. Add, to thoroughly cover, a lukewarm Court-Bouillon. Set over fire, adding a slice of

lemon and a teaspoon salt, and bring to a boil. Remove the kettle to a slow fire where it will constantly threaten to boil, but not quite, and cook till tender. Lacking Court-Bouillon, use warm water, and to each pint of water add 1 teaspoon of salt, 1 tablespoon of vinegar, a kitchen bouquet, and a sliced onion. Serve overlapping on a hot dish, surrounded with a wreath of parsley and quartered lemon. If desired, arrange around it some Parisian Potato Balls à la Maître d'Hotel. Spread over fish a Maître d'Hotel Butter, or send separately in a boat any one of the following sauces: Capér, Hollandaise, or Muslin.

Follow same method for other large fish steaks.

SALMON BELLIES:

Salmon bellies are poached or broiled. Wash bellies, rinse, and soak over night. Drain and wipe between towels. To poach place in fish kettle, cover with cold water, and add a slice of lemon. Bring to a boil and remove to a slow fire where it will threaten to boil, but not quite, for about 20 minutes or until tender. Serve on napkin, garnish with parsley and quartered lemon, and send separately melted butter in a bowl.

To broil, brush with oil and broil as usual. Spread over fish arranged on a hot dish a Maître d'Hotel Butter.

PAIN OF SALMON:

Cut into pieces $1\frac{1}{2}$ pounds of raw, fresh salmon. Remove skin and gristle. Pound to a paste, adding a scant cup of Panada. Rub through a sieve, adding 7 ounces of best butter. Season with a teaspoon of salt and a dash of Cayenne; work in 3 egg-yolks, a little carmine coloring, and lastly, gently fold in $\frac{3}{4}$ cup of fresh cream, whipped stiff-dry. Fill a buttered mold with the mixture, cover with oiled paper, and poach in a slow, moderate oven about 40 minutes till firm on top center, surrounded by hot water to $\frac{3}{4}$ of mold's height. When done remove, dip mold into cold water a few seconds, wipe mold, and invert on a hot serving dish. Serve with a Fish Velouté or Cardinal Sauce.

SALMON MOUSSE:

Cut into pieces $\frac{3}{4}$ pound of raw salmon, skin and gristle removed. Pound in a mortar, adding 6 canned mushrooms, and rub through a purée strainer. Make 1 cup of White Sauce with 2 tablespoons of butter, as much flour, a dash of Cayenne, and $\frac{3}{4}$ cup of milk, adding $\frac{1}{2}$ teaspoon of salt; then beat in 2 egg-yolks. Chill the two mixtures, and combine, adding a little carmine coloring. To 2 chilled egg-whites in a bowl add $\frac{1}{2}$ teaspoon of salt; beat stiff-dry. Gently combine with first mixture, adding a cup of whipped cream. Arrange the mixture in a buttered mold and poach as in preceding article. Unmold as directed above. Send separately in a boat a Cardinal or Muslin Sauce.

BROILED SALMON STEAK:

The thickest part of tail end near stomach opening is best suited for broiling. Take slices of salmon 1 inch thick, and wipe. Marinate 20 minutes in 2 tablespoons of oil, season with $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, a few sprigs of parsley, and onion slices. Encase each steak in a buttered or oiled blank paper and arrange on a hot, greased broiler over a rather moderately hot clear fire. Broil about 6 minutes on each side or until tender. Remove paper, and arrange overlapping on a hot dish. Spread over fish a *Maître d'Hotel* Butter. Garnish with parsley green and lemon slices, or mask the salmon steaks with a Mushroom Sauce and garnish with toast points. Or, again, mask the salmon with a Caper Sauce.

SAUTED SALMON STEAK:

Wipe salmon steak between towels, dredge with salt and pepper, and roll in granulated corn meal. Put a slice of salt pork, diced, in a frying-pan over a moderate fire. Try out fat, and remove scraps; then sauté the steak in the hot fat, turning over as needed till slightly golden-colored. Finish by baking in a moderate oven about 7 minutes. Serve with a Tartar or Hollandaise Sauce.

BROILED TROUT:

Small trout are usually broiled. Clean fish and wipe between towels until perfectly dry. Roll in a little oil to which a little salt and pepper have been added, and let stand for 15 minutes. Arrange the fish on hot, greased broiler over or under a hot, clear fire. As they burn easily it is best to put them between the wires of a double broiler so as to turn them over often. Broil them until tender about 3 minutes on each side, to a delicate golden color. If the trout are medium-sized, finish cooking in a rather hot, moderate oven about 3 minutes or till done. Arrange on a hot dish, spread over a *Maître d'Hotel* Butter, or serve with quartered lemon, or both. Arrange a wreath of parsley greens around dish.

TROUT MEUNIÈRE:

Small trout are often cooked in this manner. Clean and wipe the fish between towels till perfectly dry. Dredge them with salt and pepper, roll in rich milk, then in flour, shaking off surplus flour. Put 2 or 3 tablespoons of clarified butter in a saucepan over a rather hot, moderate fire, adding a teaspoon of oil. When hot, put in the fish, and cook about 3 minutes on each side or until tender and nicely golden-colored, turning over as needed. Slip the fish onto a hot dish. To pan add a piece of butter. When melted add a few drops of lemon juice and a teaspoon of parsley. Stir, give a bubble, and pour over fish.

Fillets of shad, sole, etc., are also cooked in this manner.

SARDINES:

Fresh sardines may be cooked and served as in the two preceding recipes. Canned sardines may be broiled 2 minutes on each side, and served on a hot dish with slices of lemon.

HERRING:

When very fresh, herring are excellent fish, and are generally undervalued. To clean herring, cut off fins,

remove eyes, draw scales, and wash. Using a sharp knife, at fish's throat near the head make a small incision just large enough to introduce the fore-finger; then carefully remove the entrails, taking care to remove thoroughly the intestinal vein that runs close to backbone, leaving untouched the milt and soft roe which are the most delicate part of the fish. The incision should not extend under body, otherwise the milt or soft roe will run out while cooking the fish. Wash the fish carefully, wipe between towels, then, through the incision, dredge inside a little salt and pepper, also a few drops of lemon juice. Marinate this 20 minutes in a little oil with a little salt added and pepper, onion slice, and parsley. Broil as usual till tender and golden colored. Or, dredge over fish a little salt, pepper, and powdered mustard, roll in melted butter and fine bread crumbs, and broil, or roll in flour, beaten egg, and crumbs; then fry in hot, deep fat.

Herring are often served with a *Maître d'Hotel* or Mustard Butter, occasionally, with a cup of White Sauce, with a teaspoon of dry mustard and a tablespoon of lemon juice added. Or, serve with any one of the following hot sauces: Victor Hugo, Horse-radish, or Tomato. If served with a hot Tartar Sauce, use powdered mustard when making sauce.

BROILED SHAD:

Clean a fresh shad, wash, and dry between towels, splitting it under stomach and removing bone. Marinate it 30 minutes in a little oil to which a little salt and pepper, slices of onions, and sprigs of parsley have been added. Occasionally turn over. Broil as usual over a hot, clear fire. When done loosen fish from broiler, slip it on a hot dish, and arrange around it some Chateaubriand Potatoes. Spread over fish a *Maître d'Hotel* Butter, and garnish with a wreath of parsley and quartered lemon.

PLANKED SHAD, HADDOCK, WHITE FISH, ETC.

Clean and wipe perfectly dry between towels a 3-pound fresh shad, haddock, or white fish, splitting fish

under stomach, and removing bones. Marinate it as in preceding recipe. Cook and serve the fish as directed at "Planked Fish."

The fish may be planked under a hot gas fire, and occasionally it is served with sauted shad roe.

SHAD ROE SAUTED:

Occasionally served as a garnishing to Planked Fish.

Wash, soak, drain, and wipe between towels 3 medium-sized roe. Blanch 20 minutes in salted boiling water, enough to cover, adding a lemon slice. Drain. Sauté in hot, melted, clarified butter to a golden-brown color on both sides, dredging over a little salt and pepper. Serve with quartered lemon or with a Bearnaise or Chicago Sauce.

SHAD ROE AU GRATIN:

Prepare and blanch the shad roe as in preceding recipe. Drain. Arrange the roe in a buttered glass oven gratin dish, sprinkle over a little salt and pepper and a few drops of lemon juice, pour over 2 tablespoons of butter, and sprinkle over buttered crumbs. Cover with an oiled paper. Bake in a moderate oven 15 minutes, removing paper within the last 6 minutes of baking. Serve in same dish. Send in a boat a Victor Hugo sauce, separately.

FRIED SHAD ROE:

Prepare and blanch the shad roe as done at "Shad Roe Sauted." Dredge over the drained shad roe salt and pepper, roll in cracker meal and beaten egg, and crumbs. Fry in hot, deep fat to a golden color. Serve with any one of the following sauces: Bearnaise, Victor Hugo, or Chicago Sauce.

SHAD ROE À LA MARYLAND:

Soak, wash, rinse, and drain 3 shad roe. Wipe between towels. Roll in a little melted butter, season with a little salt, pepper, and a dash of Paprika, add 2 drops

of lemon juice, then arrange in a buttered pudding dish. Add a glass of sherry, cover with an oiled paper, and bake in a rather hot moderate oven about 30 minutes. Remove the roe, and reserve hot.

With 2 tablespoons of butter, as much flour, a few grains of Cayenne, 1 cup of thin cream, and $\frac{1}{3}$ teaspoon of salt, make a Cream Sauce as usual. Reserve in hot water. Strain the liquor left in gratin dish, freed of fat, and re-heat, and while stirring 2 egg-yolks in a bowl slowly add the hot liquor, combine it with first mixture reserved in hot water, and cook without boiling till the eggs are set, beat in a few bits of butter, season if needed with salt and a few grains of Cayenne, and pour over shad roe arranged on a hot dish.

BROILED SMELTS:

Clean and wipe the fish perfectly dry between towels, and split through stomach without separating the fillet. These are often boned by removing spine bone and smaller bones attached to it. The heads are usually left on. Marinate 30 minutes in a little oil seasoned with a little salt, pepper, parsley, thin onion slices, and a few drops of lemon juice. Broil as usual, basting with the oil of the marinate. Remove fish to serving dish. Spread over a Maître d'Hotel Butter.

FRIED SMELTS:

Roll the prepared fish in a little rich milk seasoned with salt and pepper, and roll in flour, shaking off superfluous flour. Fry in hot, deep fat, 2 or 3 small fish at a time, to a crisp golden color. Serve crisp fish with a Tartar Sauce, quartered lemon, and Fried Parsley.

BAKED STUFFED SMELTS:

Take 6 smelts of an even size to fit in a buttered glass oven gratin dish. Leaving on the heads, clean and split through stomach. Wash, wipe between towels, and bone. Arrange the fish in an upward position in the buttered gratin dish. Using buttered skewers, fasten the heads and tails together. Place a dish over it, then

carefully invert, lifting out the buttered dish. Dredge in fish cavity a little salt and pepper, drop in each one a few drops lemon and onion juice; then, using a pastry bag and tube, force into each fish cavity a Cream Fish Force meat. Cover the fish with inverted buttered gratin dish, carefully invert, and lift off the other dish, thus again having the stuffed fish in an upward position in gratin dish. Dredge over a little salt and pepper, pour over a little melted butter, add to dish $\frac{1}{4}$ cup of boiling hot Fish Stock, cover with oiled paper, and bake in moderate oven about 15 minutes or until tender, basting twice with a little melted butter. Remove fish to hot serving dish, take out skewers, strain the liquor left in gratin dish, free it of fat, add it to a cup of Cream Sauce, and send sauce separately in a boat.

Flounders, Soles, and Sandabs

Flounders, Soles, and Sandabs are all flat fish. All the recipes given for flounders are also good for soles and sandabs, and vice versa. Often a substitute for these fish is made of thin slices of halibut shaped into fillets.

ROLLED FILLETS OF SOLE OR FLOUNDER AU GRATIN:

Take up from cleaned soles or flounders fillets of suitable even size and pointed shape (see, "To Take Up the Fillet of Fish"). Roll in turban shape, then arrange in crown shape in a buttered glass oven gratin dish, each one overlapping next one, pointed end downwards. Dredge over salt and pepper, add the hot mixture below, cover with an oiled paper, and bake about 15 minutes in moderate oven. Serve on same dish. Simmer 5 minutes, or until slightly amber-colored, in 2 tablespoons of melted butter 3 tender shallots, thinly chopped, then add $\frac{1}{3}$ cup of chopped canned mushrooms. Cook till nearly dry; then, stirring, add, for 6 fillets, 1 cup of Brown or Espagnole Sauce, and, if available, a glass of white wine or Fish Stock. Simmer 10 minutes, skimming fat off the top. Salt-water White Fish cut into fillets may nearly all be arranged in the same manner.

ROLLED FILLETS OF FISH À LA MORNAY:

From sole, flounder, black bass, halibut, etc., take fillets of even, suitable size and shape, one fillet for each service. Roll say 6 fillets in turban shape and arrange them in a glass oven dish each one overlapping the other, pointed end downwards. Add $\frac{1}{2}$ cup of white wine, or Fish Stock to which a few drops of lemon juice have been added, or both. Give a bubble, then bake 12 minutes in moderate oven. Remove the fish to a hot serving dish and reserve hot. Strain the liquor left in dish, free it of fat, reduce it to half, then while beating, add it to $1\frac{1}{4}$ cups of hot Mornay Sauce. Pour sauce all over fish.

Each fillet may be cooked individually in a buttered ramequin, with rolled fillet shaped just to fit in ramequin. Cook as above, dividing the above ingredients between 6 ramequins.

FRIED FILLETS OF FISH:

From sole, flounder, halibut, etc., take fillets of even, suitable size and shape, one fillet for each service. Wipe them between towels and marinate 20 minutes in a little oil seasoned with a little salt, pepper, a few drops of lemon juice, thin slices of onions, and sprigs of parsley. Roll in flour and shake off superfluous flour; or dredge over the fish a little salt and pepper, roll in cracker meal and beaten egg, and in crumbs. Fry in hot, deep fat to a crisp golden color, until tender (see, "To Fry Fish"). Serve very hot, overlapping and surrounded with a wreath of parsley green and quartered lemon. Send separately in a boat a hot sauce, such as Tartar, Bearnaise, etc.; or, as a variation, stir in any of these sauces 4 chopped anchovies.

Or proceed as done at "Rolled Fillets and Their Preparation."

Quartered Lemon to Garnish a Fish Dish: Roll the lemon on the board, pressing it with the hand. Cut the lemon into four even quarters, large lemons in eight. Dip one cut surface of each quartered lemon in Paprika, then another cut surface of each piece of lemon in thinly chopped parsley.

FRIED FILLETS OF FISH À LA ORLY:

From sole, flounder, halibut, etc., take fillets of even, suitable size and shape, one fillet for each service. Wipe them with a clean cloth. Dredge with salt and pepper and marinate one hour with a little lemon juice, parsley and sliced onion. Dip them in a Batter II, then fry in hot, deep fat till tender to a crisp, golden color. Serve at once the crisp fish overlapping on a hot dish. Garnish with some "Fried Parsley" (see that article); place over border quartered lemon. Send in a boat a Tomato Brown Sauce.

FILLETS OF FISH À LA DUCHESSE:

Take 6 fillets of sole, flounder, halibut, or black bass, etc., of even size and shape, one fillet for each service. Cover the head, carcass, and trimmings of the fish in a kettle with cold water, adding a little white wine or a lemon slice, a kitchen bouquet, an onion, and a teaspoon of salt. Simmer 50 minutes, strain and simmer again until needed. Arrange the fish in a pudding dish, dredge over a little salt and pepper, add a little of the hot fish stock, cover with oiled paper, and bake 12 minutes or until tender. Remove the fillet to a long, shallow serving dish. Reserve hot.

Add the liquor in pan to fish stock and reduce to nearly a glaze. Have ready a Croquette Potato mixture, then, using pastry bag and large tube, force onto a buttered tin 6 balls the size of an egg, pressing on center to make these balls evenly hollow. Brush sides and edges with a beaten egg-yolk. Bake in a hot oven to a light golden color. Have ready 42 stalks of blanched asparagus, cut off tips $\frac{1}{2}$ inch long, simmer a few minutes in a little melted butter, and reserve hot. Rub the remainder of the stalks through a sieve. Reserve the purée; if too liquid reduce it over a slow fire to evaporate moisture. To 1 cup of Velouté Sauce, add the fish glaze and the Asparagus Purée, and, while beating, bring to a bubble. Simmer a few minutes and skim off fat. Add a little green coloring. Set pan in hot water, then beat in 2 slightly beaten egg-yolks. Cook in hot water until the

eggs are set. Season, if needed, with salt and a few grains of Cayenne. Beat in a few small bits of butter, mask the fish with the sauce, then arrange around dish border the reserved hollow Duchesse Potato Balls, hot, filling the cavities with the reserved asparagus tips, also hot.

SOLE COOKED WHOLE:

For a service of 6 persons take a fresh sole that weighs $1\frac{1}{2}$ pounds. Wash carefully and wipe. Trim off the rough edge around the fish, also the non-fleshy part of tail. Remove only the black skin (see, "To Skin Fish"). Scrape the white skin that is left, else the baking or poaching fish will shrink and its shape will be altered. Using a sharp, flexible knife, and beginning about $1\frac{1}{2}$ inches from tail end, push the knife point through the flesh as far as center of backbone, and make an incision towards head, the knife following center of backbone, to within an inch of the head. Then neatly scrape the meat from bones on both sides of spine. Turn the fish over and repeat same operation on the other side, thus entirely loosening the meat from bone, which may be removed after breaking backbone close to tail and head. Then wash inside and out, wipe very dry, and arrange the sole in its original shape.

SOLE NORMANDE, I:

Bone as above $1\frac{1}{2}$ pounds of sole. With smelts prepare a Fish Cream Force meat I. Reserve bones of sole and heads and bones of smelts. Simmer 2 tablespoons of chopped carrots and onions in a saucepan, in 2 tablespoons of melted butter, over a slow fire until slightly amber-colored. Add reserved fish trimmings, cut in pieces, stir, add cold water to cover, and $\frac{1}{2}$ teaspoon of salt, 1 clove, 6 pepper-corns, a kitchen bouquet, and 1 slice of lemon. Bring to a boil, then simmer 50 minutes and strain. Re-simmer till needed.

Prepare the garnishing ingredients as follows. Cook 3 dozen mussels as directed at "Mussels à la Marinière." Drain. Reserve the liquor and shell the mussels. Blanch

1 dozen mushroom buttons as directed at "Blanched Mushrooms." Reserve with liquor. Parboil as usual 2 dozen small blue-point oysters. Reserve with liquor. Have ready 6 boiled crawfish (see, "Boiled Crawfish") or some large unshelled crimson shrimps. Arrange the sole on a buttered shallow oval dish of a size suitable to the fish. Dredge a little salt and white pepper over and inside of fish. Arrange the Fish Cream Force meat inside the fish, add the fish stock and a teaspoon of lemon juice to cover fish. Set an oiled paper on top, and poach in a moderate oven until tender, or about 30 minutes. Carefully remove fish to a dish and reserve hot. To the fish stock add the combined liquor of the mussels, mushrooms, and oysters. Strain through a doubled cheese-cloth. Skim off fat on top, and reduce liquor, by boiling, to 1 cup.

Thicken as usual with a White Roux made of 3 tablespoons of butter and as much flour and a few grains of Cayenne. Beat constantly till boiling, slowly adding a cup of cream. Beat and simmer 10 minutes, then skim. While stirring 3 egg-yolks in a bowl, slowly add $\frac{1}{2}$ cup of the hot sauce. Continue stirring, while combining the two mixtures; then set in hot water and cook without boiling till the eggs are set. Beat in $1\frac{1}{2}$ ounces of best butter cut into bits. Season as needed with a few grains of Cayenne. Re-heat in the sauce the oysters, mussels and mushrooms. Fry 2 dozen white-bait.

Pour $\frac{1}{3}$ of the hot sauce in bottom of a hot oval dish. Arrange the sole over it, placing around the fish the oysters, mussels, and mushrooms. Mask the whole with the sauce, then garnish around border alternately with crawfish or shrimps and hot, crisp white-bait.

SOLE NORMANDE, II:

Poach fillet of sole in a fish stock till tender. Drain, arrange fish on hot serving dish, and mask with a Normande Sauce.

WHITE-BAIT, FRIED:

Wash the white-bait in a change of water, drain, and thoroughly dry between towels. Dredge over a little

fine salt and pepper, and roll in flour, shaking off superfluous flour. It is desirable to flour these fish gradually as needed, thus avoiding the moistening of the flour, as only a handful of fish can be fried at a time. Arrange them apart from each other at the bottom of a fryer basket, immerse in very hot, deep fat, and fry about 1 minute or till crisp and richly golden-colored. Drain. Reserve on brown paper at open oven door. Serve at once, crisp, hot, and dry, piled on a hot dish.

FILLET OF SOLE À LA JOINVILLE:

Order 6 sole fillets of suitable size and shape. Have ready a Fish Cream Force meat I, and a Fish Stock made with the heads, bones and trimmings of fish, as directed at "Sole Normande I."

When done strain, skim off fat on top, and simmer until needed. Dredge over the fillet a little salt and pepper. Spread the forcemeat upon the skinned side of each fillet, fold stuffing inside, and fasten the pointed ends together with buttered toothpicks. Arrange the fillets in a selected side shallow oven dish; add the hot Fish Stock to cover; cover with a buttered paper, and bake in a rather moderate oven till tender, about 12 minutes. Remove the fillets and reserve hot. Strain liquor, free it of fat, and reduce to a thick glaze.

Have ready a Normande Sauce. Cut into small dice 6 canned mushrooms, $\frac{1}{2}$ cup of shrimps, and a truffle, of which reserve a few slices to stamp out figures for garnishing. Heat these thoroughly in the reduced liquor, while shaking the pan. Pile this salpicon onto center of a hot serving dish, and mask with $\frac{1}{3}$ of the hot Normande Sauce. Arrange the folded fillets in a wreath shape, pointed ends downward, the ends overlapping border of dish. Remove skewers, replacing them with small lobster or crawfish claws or with unshelled crimson shrimps. Garnish around dish with reserved truffle and lemon slice. Mask the fillets with the remaining sauce.

FILLET OF SOLE À LA VENITIENNE:

Use as many fillets of suitable size and shape as you

have service. Wipe these dry between towels. Sprinkle with a little salt and pepper and marinate them 20 minutes in a little oil, adding a few sprigs of parsley and thin slices of onions. Sauté in hot, clarified butter over a rather hot, moderate fire till tender and of a light golden color on both sides, turning over as needed. Remove to a hot serving dish, dredge over a few drops of lemon juice, then mask with a Sauce Venitienne. Garnish around fish with lemon slices.

FILLET OF SOLE AND OYSTERS AU GRATIN:

Take 6 fillets of sole of suitable size and shape, or 1 for each service. Arrange fillets, folded, in a buttered glass oven gratin dish, pointed ends downwards, fastened with buttered toothpicks. On each pointed end place a parboiled oyster. Dredge with salt and pepper, and add a Tomato Sauce to barely cover. Dredge over grated Parmesan and Gruyère cheese mixed, sprinkle buttered crumbs on top, and bake in a moderate oven about 30 minutes. Serve on same dish.

Each rolled fillet may be cooked as above in individual ramequins or cocottes, dividing ingredients and sauce between them.

FRESH MACKEREL:

Mackerel are often split through the stomach without separating the fillets, then cleaned, boned, and broiled as usual, spreading opened fish over broiler; or the fish may be split through the backbone. Carefully wipe the fillets between towels. Marinate them 30 minutes in a little oil to which has been added a little salt and pepper, thin slices of onion, and parsley. Broil as usual, basting with the oil of the marinate. When done remove fish to hot serving dish. Spread over a Paprika or Maître d'Hotel Butter, and garnish with parsley and quartered lemon; or, spread over the cooked fish the following mixture: Cream $1\frac{1}{2}$ tablespoons of butter, then rub in a few drops of lemon juice and, thinly chopped, $1\frac{1}{2}$ tablespoons of nuts, $\frac{1}{2}$ tablespoon of parsley, and a dash of chive.

Or, divide the fillet into fillets of suitable size and shape, 1 for each service, and dredge over a little salt, pepper, and a little lemon juice. Marinate 30 minutes in a little melted butter. Arrange in an oiled gratin dish, cover with a greased paper, and bake in a rather hot oven till tender, about 10 or 12 minutes, basting twice with a little melted butter. Arrange fish on hot serving dish and pour over a Sauce Venitienne.

Or, to fillet arranged in buttered glass oven gratin dish add, thinly chopped, 6 canned mushrooms, a shallot, and a teaspoon each of chive and parsley. Add $\frac{1}{5}$ cup of mushroom liquor and $1\frac{1}{4}$ cups of Brown Sauce. Dredge over top some buttered crumbs, and bake 30 minutes in moderate oven.

MACKEREL ROE:

Wash and wipe the roe very dry. Dredge with salt and fresh-ground pepper. Roll in melted butter with a few drops of lemon juice added and let stand 20 minutes. Arrange on a hot, greased broiler and broil as usual, about 10 minutes, to a golden color. Baste twice with a little melted butter. Remove fish to hot serving dish, and spread over a Paprika or Maître d'Hotel Butter.

POACHED FRESH COD:

The different varieties of codfish, whether they be Rock Cod, Blue Cod, or George Cod, are best when poached, but occasionally they are planked or baked. Large cod are often cut into steaks an inch thick to be poached or baked.

Clean and poach say a four-pound cod, leaving on the head, as directed at "Poached Salmon." When tender slip the fish onto a hot serving dish. Arrange around it a Fish Garnishing Stew or some Parisian Potato Balls à la Maître d'Hotel, then garnish around border with quartered lemon and parsley. If served with the potatoes, send in a boat separately any one of the following sauces: Hollandaise, Normande, Shrimp, or Lobster Sauce, etc.

To poach cod-steak, proceed as directed at "Poached Salmon Steak." When done slip the drained fish onto a hot serving dish, spread over a Paprika or Maître d'Hotel Butter, or send in a boat separately one of the sauces mentioned above.

BAKED CODFISH STUFFED:

Clean a fresh 4-pound codfish. Bone, and dredge inside with salt and pepper. Stuff, sew, and insert through back thin lardoons of salt pork, and skew in an upward position. Bake as directed at "Baked Fish." Use any fish stuffing given above, or any one of the fish forcemeats. When done slip the fish upright onto a hot dish and remove skewers. Pour around it a Fish Stew Garnishing or Chateaubriand Potatoes, and garnish with parsley and quartered lemon. If served with the potatoes, send separately a highly seasoned Tomato or Montebello Sauce, or any one of the following hot sauces: Oyster, Shrimp, Lobster, Hollandaise, Tartar-Chantilly, etc.

POACHED HADDOCK:

Haddock are marked by a black stripe running along each side of fish. Haddock are poached or baked, occasionally planked, following directions given at "Planked Shad." The haddock that come on the market as "Finnan Haddie" are salted, dried and smoked haddock.

Take a fresh haddock weighing $3\frac{1}{2}$ to 4 pounds, and with it proceed as directed at "Poached Salmon." Serve surrounded with Parisian Potato Balls à la Maître d'Hotel. Garnish with slices of lemon and parsley green. Send separately in a boat either a Hollandaise, Tartar, or Normande Sauce, etc.

BAKED HADDOCK:

Clean a fresh haddock of $3\frac{1}{2}$ to 4 pounds. Bake and serve as directed at "Baked Codfish Stuffed," using an Oyster Stuffing. Send in a boat separately either a highly seasoned Montebello, Oyster, or Tomato Sauce.

SKATE, BLACK BUTTER SAUCE:

Skate properly prepared is a fine fish. The best part of the skate consists of the two wings and the two thickest parts near the head. Clean and wash, rub the skin vigorously with a brush, and again wash and rinse. Cut off the fins and head, and split fish in two lengthwise cutting each half into 3 even pieces.

For 6 persons order a skate weighing $2\frac{1}{2}$ pounds. When removing the liver, carefully remove also the gall bladder. Wash liver and reserve. Have ready a strained Court-Bouillon. Cook till lukewarm. Arrange fish in kettle over a rack, add enough lukewarm Court-Bouillon to cover, and a teaspoon of salt, bring to a boil, and remove kettle to back of stove where it will threaten to boil, but not quite, until the fish is tender, 25 to 30 minutes. Twenty minutes before the fish is done, add the liver. When done lift out the fish, and using the back of a knife, scrape off both white and black skin. Arrange on a hot dish, dredge with chopped parsley, pour over a very hot Black Butter Sauce, and garnish with Fried Parsley, prepared as follows:

Fried Parsley for Fish Garnish: Wash a few sprigs of parsley, shake off the moisture, and wipe dry between towels. Immerse in hot, deep fat and fry a few seconds or till crisp. Drain. Dredge over a few grains of fine salt.

When the fried parsley is to be served with eggs, brains or poached fish, with a Brown Butter Sauce, it is cooked until crisp in the same butter that is used to make the Brown Butter Sauce. Fried parsley melts in the mouth when eaten.

STRIPED BASS:

Bake or poach as directed at "Codfish." Poached, they may be served with a Paprika Butter or with any one of the following sauces: Hollandaise, Muslin, Bearnaise, etc.

BAKED BLUE FISH:

Clean a blue fish weighing $3\frac{1}{2}$ to 4 pounds. Wipe

very dry and bone. Dredge inside a little salt and pepper, and a few drops of lemon juice. Stuff with any one of the fish stuffings. Sew, and truss in an "S" shape in an upward position with buttered skewers; fasten with twine. Arrange upright over a fish sheet in an oiled dripping pan. Pour over a little melted butter, and dredge with a little salt and pepper. Add to pan trimmings of lard-pork and a tablespoon of onion juice. Cover with a greased paper, and bake 45 to 50 minutes, basting every 10 minutes, twice with a little melted butter, then with the liquor in the pan.

BAKED FILLET OF BLUE FISH:

Clean, split, skin, and bone a 3-pound blue fish. Butter a pan, dredge over it 3 thinly chopped shallots, arrange the 2 fish fillets on it, dredge with salt and pepper, add a few thinly sliced canned mushrooms, blanched, and pour over fish 2 tablespoons of melted butter and a few drops of lemon juice. Add $\frac{1}{2}$ cup of hot Fish Stock and a little mushroom liquor or white wine. Cover with buttered paper, and bake in a hot oven until tender. Remove fillets to serving dish, and pour over a White or Brown Italian Sauce. Strain the pan liquor, free it of fat, and use to make the sauce; or reduce it to a glaze and add it to the sauce.

FISH TIMBALE, I:

Butter a quart mold, and cover bottom with buttered blank paper. If desired, ornament it as directed at "Timbale Ornamentation and Filling." Spread over bottom and side a layer $\frac{1}{2}$ inch thick of Fish Cream Force meat II. Then fill center with a filling made as directed below, spread on top a layer of Fish Force meat, cover with an oiled paper, and poach, as usual, about 35 or 40 minutes until firm on top center.

Filling: Make a Fish Stock with the trimmings, head, and carcass of fish used to make force meat, as directed at "Sole Normande, I." Strain, free it of fat, and reduce to a scant cup. Blend over the fire in 2 tablespoons of melted butter, as much flour, and a dash of Cayenne

and, while stirring, dilute by adding the hot reduced liquor. Stir till smooth and boiling, simmer 10 minutes, and add 2 tablespoons of thick cream. When bubbling, remove the pan from fire, and beat in 3 egg-yolks and 1 ounce of fresh butter cut in bits. Or, instead of fresh butter use either Crab, Lobster, Shrimp or Anchovy Butter. Season as needed with a few grains of salt and Cayenne, then add 1 cup of cooked flaked fish. Or, include as all or part of the solid material added, any one of the following, diced: Blanched Mushrooms, Cooked Mussels, or Parboiled Oysters; and, if bottom and side of mold have been ornamented with truffle, add the diced trimmings to the sauce.

To Serve: Unmold (see, "To Unmold Timbales"), inverting on a hot dish. Pour around it a Shrimp Sauce, and garnish around border with hollow potatoes filled with asparagus tips, as directed at "Fillet of Sole à la Duchesse," or with asparagus tips that have simmered a few moments in a little melted butter, and arranged in bunches of 5 or 6 fastened with rings made of lemon rind and green and red peppers. Or, garnish with unshelled shrimps.

FISH TIMBALE, II:

Butter a quart timbale mold that has a tube in center. Flatten 6 fillets of trout or smelts or use thin fillets of halibut. Cut them into long strips $1\frac{1}{2}$ inches wide, with sides perfectly straight, and soak 30 minutes in iced water. Drain, and wipe perfectly dry between towels. Insert at regular intervals, on smoothest side of each fillet, some small figures cut out of sliced truffles. Dice the trimmings and reserve to add to the filling sauce.

Press each fillet, truffle side, against and onto the sides of mold, running the fillet from edge of mold as far down as base of center tube, where it will be necessary to cut off with scissors part of the fillet ends, to fit around the tube. Carefully spread all over inside surface of mold and fish a layer $\frac{1}{2}$ inch thick of Fish Cream Force-meat II, then using the same material as in preceding recipe, fill mold, poach, and serve as there directed.

FISH RING:

Cut into pieces 1 pound of any firm, white fish, removing skin, bone, and gristle. Pound to a paste in a mortar, adding a whole egg and an egg-yolk. Rub through a sieve, then beating, add very slowly 1 cup of cream. Season as needed with about a teaspoon of salt and a dash of Cayenne. Arrange in buttered ring, cover with greased paper, poach, and unmold as above. Serve with any of the following sauces: Italian White Sauce, Shrimp, Lobster, or Oyster Sauce.

FISH PIE:

Butter a pudding dish. Arrange at bottom a layer of Fish Force meat, then over it a layer of thin slices of cold boiled potatoes, a layer of cooked fish scallops, and a layer of sliced hard-boiled eggs. Repeat the layers in the same order, seasoning each layer with a few grains of salt and pepper. In $\frac{3}{4}$ cup of boiling reduced fish stock, beat 1 ounce of Anchovy Butter cut into bits, adding a dash of Paprika. Pour it over the layers. Cover with a rich pie crust or puff paste, and make in center a fancy incision to allow evaporation. Bake about 40 minutes.

FISH CUTLETS:

For 6 cutlets cut into pieces 1 pound of raw, firm white fish, free of skin and bones. Pound in a mortar to a smooth paste, adding butter the size of an egg, a scant teaspoon of salt, a few grains of Cayenne, and a few drops of onion juice. Rub through a sieve. While stirring or beating, add slowly $\frac{1}{5}$ cup of thick cream. Shape as a cutlet, roll in beaten egg seasoned with a little salt and pepper, and in crumbs. Fry in hot, deep fat about 6 minutes, to a nice golden color. Insert in pointed end of each cutlet a piece of macaroni, and set on it a chop frill. Send separately in a boat any one of the following sauces: Montebello, Hollandaise, or any of the hot Tartar sauces.

How to Select and Open a Cooked Lobster

When buying a cooked lobster, always select one relatively heavy to its size, and, if the lobster has been cooked while alive, as it should be, the tail when straightened out will snap quickly back into place.

Take a cold cooked lobster, turn the claws backwards, and break them apart from body shell; then break and separate the tail from body. The three parts that must be discarded are the stomach, the branchias or gills, and the intestinal vein. Shake out from the body part of the green substance (liver), of which reserve the best, also reserving the coral, which is usually red, occasionally yellow or white. Using the fore-finger of right hand, remove and discard the stomach. Remove also the gills, under which will be found portions of very sweet white meat which remove and reserve.

To remove meat from the tail shell, take a sharp knife, make an incision into the thin shell under the tail and carefully remove the whole tail meat in one piece. The intestinal vein, which must be removed, will be found running through entire length of tail. Break the claws and remove the meat.

Clean, wash, and dry the lobster shell before filling it with any mixture. When baked, preserve color by brushing shell outside with oil; and to preserve their shape, drive in shell near the top edge a skewer that pierces and fastens into the other side of the shell.

How to Use Canned Lobster

Turn meat from can onto a purée strainer, and remove paper if any. To remove can flavor, immerse in plenty of cold water and let stand 5 minutes. Drain thoroughly, bone, and wipe meat between towels.

BOILED LOBSTER:

Have a kettle over a brisk fire with enough boiling water to thoroughly cover the lobster. Add, thinly sliced, 1 carrot and 1 onion, a kitchen bouquet, and 6 pepper-corns. Take the live lobster by the back and immerse it head first in the boiling water. After it has cooked 5 minutes, add a tablespoon of salt, then cook from 20 to 30 minutes, according to size.

BROILED LOBSTER À LA DIABLE:

Lay a live lobster on a board, full length on stomach. Using a large sharp butcher knife, split the lobster, cutting from center of head the full length through body and center of tail. Remove from body the stomach and gills, and remove the intestinal vein that runs through entire central length of tail.

Brush the lobster shell with oil. Dredge over opened side salt and pepper, and brush the meat with melted butter. Lay the pieces, the shell downwards, on a hot, greased broiler, over a clear moderate fire, and broil. A 2-pound lobster will take 30 minutes. Baste occasionally with a little melted butter.

If necessary, finish cooking the lobster in the oven, the lobster arranged shell downwards on an oiled tin. When done remove lobster, break the claws with a cleaver without destroying their shape; and arrange on hot dish, garnish with parsley and quartered lemon, and send in a boat a Deviled Sauce, separately.

BAKED LOBSTER:

Prepare, split, and season a live lobster as in preceding recipe, brushing shell with oil. Dredge some buttered crumbs over open seasoned side and arrange shell downwards on a tin. Bake a 2-pound lobster in a rather hot, moderate oven 35 to 40 minutes. Baste occasionally with melted butter. Serve as above, with a Deviled or a Montebello Sauce.

DEVILED LOBSTER:

Scallop cooked lobster, simmer in a little melted butter, dredge over salt and a few grains of Cayenne, shake pan until butter is absorbed, and mix in a Deviled Sauce.

CURRIED LOBSTER:

Prepare and simmer lobster meat as in preceding recipe. Make a White or Cream Sauce, mixing a teaspoon of currie powder with the flour. Then mix the lobster into the sauce.

LOBSTER IN SHELL:

Cut $1\frac{1}{2}$ cups of cooked lobster into scallops, and simmer a few minutes in a little melted butter, shaking pan until butter is absorbed. Mix into a cup of White Sauce II and with it fill buttered shell. Straighten surface, dredge over buttered crumbs, and bake to a delicate golden color.

LOBSTER À LA POMPADOUR:

Prepare a Villeroi Sauce and a gallon of Court Bouillon as directed at recipes. Boil a live lobster in Court Bouillon, as at "Boiled Lobster." Remove the meat from shell of the cooked lobster, as usual (see, "How to Select and Open a Cooked Lobster") and cut into thick, even-sized scallops. Dip in a cold Villeroi Sauce, thoroughly masking scallops with the sauce; then roll in fine crumbs and beaten, seasoned eggs, then again in crumbs. Fry to a delicate golden color in hot, deep fat. Drain on brown paper. Serve overlapping, in wreath shape. Arrange in center a bunch of Fried Parsley (see recipe), then arrange around dish some Potatoes Puffed II. Send separately in a boat a Montebello Sauce.

LOBSTER À LA NEWBURG:

Simmer, say 2 cups of cooked lobster, cut in even thick short scallops, in $1\frac{1}{3}$ tablespoons of melted butter; shake pan and cook till the butter is all absorbed. Dredge with a few grains of salt and white pepper. Add $\frac{1}{4}$ cup of sherry, and cook till reduced to nearly a glaze. Cover and reserve in hot water till needed.

Make a Cream Sauce with 2 tablespoons of butter, as much flour, a dash of Cayenne, 1 cup of thin cream and $\frac{1}{3}$ teaspoon of salt. Reserve in hot water.

While beating 2 or 3 egg-yolks in a small saucepan add slowly $\frac{1}{4}$ cup of sherry that has been boiled a minute. Place it in hot water and beat and cook till the eggs are set. Reserve in hot water.

Combine the three mixtures when ready to serve, to prevent curdling, and it may be best, if it has to stand a while, to use only 2 egg-yolks and thicken the sherry

as usual with a little White Roux. Shake pan to mix, pour onto buttered toast, and garnish with toast points. If the sauce is too thick, add a little fresh cream and correct the seasoning as needed with salt and white pepper.

LOBSTER CREOLE:

To 1 cup of Consommé over the fire add $\frac{1}{2}$ cup of Tomato Purée and 2 small green peppers cut into thin, short slices, seeds and skins removed. Bring to a boil, and let simmer $\frac{1}{2}$ hour. Thicken with 2 tablespoons of flour blended in as much melted butter over the fire. Stir until boiling. Simmer 15 minutes, adding a dozen small mushroom buttons. Remove sauce to a bath of hot water, then, stirring, add two slightly-beaten egg-yolks, a dash of Paprika, and salt as needed. Cook in hot water 6 minutes, then stir in 2 ounces of Lobster Butter cut into bits, adding the lobster liver and chopped coral. Cut the meat of a cold cooked lobster into small pieces, and simmer in a little melted butter until the butter is absorbed, dredging over a little salt and pepper. Add this to the sauce, and shake pan to mix. Scald 6 tomatoes and skin. Brush them with oil, dredge with salt and pepper, and make a small incision through center of top in which let fall 1 drop of Tabasco and a bit of butter. Bake in hot oven 6 minutes.

Have ready $\frac{1}{2}$ cup of rice cooked as directed at "Risoto," leaving out the cheese. To serve, arrange on a hot serving dish bordered with a ring of rice. Fill center with the lobster mixture. Around the ring arrange alternately the tomatoes and small lobster claws.

LOBSTER FILLING, for Patties, Shell Cases, Croustades, Etc.:

Re-heat without boiling $1\frac{1}{3}$ cups of cooked lobster meat cut into dice, in a cup of Thick White Sauce II; or, into a cup of Cream Sauce placed in hot water, stir 2 slightly-beaten egg-yolks, cook 6 minutes or till the eggs are set, and in this re-heat the lobster meat. Season as needed with salt and a few grains of Cayenne.

To either of these mixtures may be added parboiled oysters, tough parts removed, and blanched mushrooms, cut into same shape and size as lobster meat, using, to each cup of sauce, about $1\frac{1}{3}$ cups of solid material. Occasionally Patty Shells, Croustades, etc., are filled with a Lobster à la Newburg; but the sauce should then be made thicker by using a tablespoon more flour and butter when thickening.

RE-HEATING COOKED LOBSTER:

Cut the lobster meat into dice. Simmer over a slow fire in a little melted butter, shaking the pan until the butter is absorbed. Add it to any one of the following sauces without allowing it to boil: Cardinal, Currie, Cream, Bordelaise, Bechamel Sauce. If desired, add, cut into same shape as lobster, parboiled oysters and blanched mushrooms.

LOBSTER CROQUETTES IN CUTLETS:

Cut into small dice $1\frac{2}{3}$ cups of cold cooked lobster meat. Gently mix it into 1 cup of Thick White Sauce I. Season as needed with salt and a few grains of Cayenne. Turn onto a buttered dish to cool. Shape balls the size of an egg. Flatten and shape as a cutlet. Roll in crumbs and beaten egg, and again in crumbs. Fry to a delicate golden color in deep, hot fat. Drain on brown paper at open oven door. Insert in pointed end of each cutlet a small lobster claw. Serve hot, overlapping in wreath shape, garnishing with parsley and lemon slice. Send in a boat separately any one of the following sauces: Cardinal, Muslin, Cream, or a Hollandaise Sauce with a little Tomato Purée added.

LOBSTER TIMBALE, I:

Butter a quart timbale mold, and cover bottom with a buttered paper. If desired, ornament bottom with figures cut out of a sliced truffle. Chill. Reserve the diced trimmings of truffle. When firm spread over bottom and side a layer $\frac{1}{2}$ inch thick of Fish Cream

Force meat II. Make a Cream Sauce with 2 tablespoons of butter, as much flour, a dash of Cayenne, a cup of thin cream, and $\frac{1}{2}$ teaspoon of salt. While stirring, add 3 slightly-beaten egg-yolks and 2 tablespoons of thick cream; continue stirring, and add 1 ounce of Lobster Butter cut into bits. Remove from fire. Cut into dice 1 cup of cold cooked lobster meat. Add this to the sauce, also the reserved truffle. If desired, add 4 diced blanched mushrooms. When thoroughly cold, fill the center of mold with this salpicon. Arrange on top a layer of Fish Cream Force meat II, cover with greased paper, poach and unmold as usual. Serve with a Cardinal Sauce.

LOBSTER TIMBALE, II:

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| 2 whole eggs | $1\frac{1}{2}$ cups scalded, then cooled, |
| 2 egg-yolks | very rich milk or part |
| 1 teaspoon salt | cream |
| $\frac{1}{4}$ teaspoon Paprika | $1\frac{3}{4}$ cups cooked lobster meat |
| A few grains of Cayenne | |

While stirring the eggs in a bowl with seasoning ingredients added, slowly add the milk. Beat well, and strain through a sieve. Cut the lobster meat into pieces, pound and rub through a sieve into a bowl, and, while constantly stirring this pulp, add very slowly the first mixture. Beat well before turning it into a buttered quart timbale mold, having previously dredged the buttered surface of mold with chopped lobster coral. Cover with a greased paper. Poach same as Custard in a slow, moderate oven until firm on top center, or about 45 minutes. Serve with any of following sauces: Muslin, Cardinal, or Bechamel.

Recipes for Crabs

The crabs found on the Atlantic Coast are small; but on the Pacific Coast the crabs are large, and often one is sufficient to serve half-a-dozen persons.

Crabs, like lobsters, shed their shells; and crabs that have a new shell that has not had time to harden are known as "Soft Shell Crabs."

BOILED CRABS, ETC.:

Crabs should always be boiled alive. Follow directions given at "Boiled Lobster." Hard-shell crabs have to be boiled and cooled before being prepared in any other manner; therefore, all the recipes given at Lobster where the lobster has to be boiled first and cooled are also good for crab. These recipes include Lobster à la Newburg, Lobster Creole, Lobster Filling for Patties, Shell Cases, etc.; Deviled Lobster, Curried Lobster, and Lobster in Shell. The crab meat, cut into dice or scallops, may be re-heated in any of the following hot sauces: Deviled, Currie, Cream, Bechamel, Cardinal, or Bordelaise Sauces.

To Clean a Hard-Shell Crab, boil live crab as above, cool it, and remove shell; then remove branchias and spongy substances. Carefully, without breaking its shape, remove the meat from the translucent shell and break the claws and remove their meat.

CRAB TIMBALES:

Same as Lobster Timbale, substituting crab meat for lobster.

CRAB FILLING FOR PATTIES, ETC.:

Substituting flaked crab meat for lobster, proceed as directed at "Lobster Filling for Patties, Shell, Cases," etc.

FRIED SOFT-SHELL CRAB:

Soft-shell crabs are kept alive in a cold place, in a box of seaweed, until the time of cooking. To clean, wash, lift, and fold back the loose covering and carefully remove spongy substance. Thoroughly wash, then gently wipe perfectly dry between towels.

Clean crabs and wipe dry, as above. Dredge with salt and pepper. Roll in cracker crumbs and beaten egg, then in cracker or bread crumbs. Fry 3 or 4 at a time, in hot, deep fat, 3 or 4 minutes until crisp and of a rich golden color. Arrange on a hot dish and garnish

with parsley and quartered lemon. Send separately in a boat a hot Tartar or Bearnaise Sauce.

BROILED SOFT-SHELL CRAB:

Clean crabs and wipe dry, roll in melted butter seasoned with salt and pepper, and also, if desired, in bread crumbs. Broil as usual, over a hot, clear fire, about 4 minutes on each side, to a rich, golden color. Arrange cooked crabs on buttered toast, and garnish with parsley and slices of lemon.

BOILED CRAWFISH:

Allow live crawfish to run in cold water one hour; then drain. Under the tail of each, seize the black intestinal vein between the edge of a small knife and the fore-finger, and draw it full length off, as any part left in will make the flavor bitter. Seize crawfish by the back and immerse head first in boiling Court-Bouillon to cover. When boiling again, remove to a slow fire and simmer 10 minutes, adding to each quart of bouillon a teaspoon of salt. Allow the crawfish to cool in its own liquor.

Crawfish are often used as a garnishing to fish entrées, but by themselves are a luxury when the Court Bouillon has added to it a cup of white wine.

Recipes for Oysters, Clams, and Mussels

The edible marine bivalve mollusk include Oysters, Mussels, and Clams.

OYSTERS:

The best edible marine bivalve mollusks are the oysters. These are of easy digestibility, especially when eaten raw on half-shell and when very fresh. They are, therefore, recommended for sick people and convalescents.

The oyster mollusk is attached to the valve on which it lies by a tough membrane, which is removed when the oysters are shelled. Always keep the oysters over ice. The smaller variety, such as blue-points or other small oysters, are best suited to be served raw on half-shell or to

make cocktails, reserving the larger kind to be fried, baked, or stewed.

Oysters require very little cooking, as they are cooked enough when, simmering in their own liquor, they have become plump and their fluted edge or gills have curled. Oysters are best in the winter months, or from October to February. Raw oysters on half-shell are served as a first course at a luncheon or dinner.

OYSTERS ON HALF-SHELL:

Wash, scrub, and rinse oysters thoroughly. Using a special oyster knife, open, exposing the mollusk on the shallow shell. Carefully detach the oyster by cutting through tough membrane close to shell. Open the oysters shortly before being needed; and, if any broken bits of shell, wash thoroughly. Serve from 5 to 6 oysters to each service on broken ice. Place in center a quartered lemon. Occasionally Tabasco is served with oysters, also thin slices of buttered brown bread, or, they may be served with a Mignonette Sauce made as follows:

Mignonette Sauce, for Oysters on Half-shell: Grate 1 tablespoon of whole black or white pepper, the latter preferred. Add $\frac{1}{3}$ teaspoon of salt and $\frac{3}{4}$ cup of mild white wine vinegar, and, very thinly chopped, the white part of 2 tender green onions and a teaspoon of chive. Make this sauce a few hours before serving, and blend before serving.

OYSTER COCKTAIL, I:

Oyster cocktails are served in cocktail glasses and should be thoroughly chilled before serving over shredded ice in double glass.

For each service use 5 or 6 small blue-point oysters or an equal bulk of other small oysters. It requires twenty oysters of the "California" variety for each cocktail. The sauce in which they are served should be of a consistency similar to tomato ketchup, which is often included in its making. The oysters are barely immersed in the sauce, which should always be highly seasoned.

To 6 or 7 small blue-point oysters in a chilled

cocktail glass, add about 2 or 3 tablespoons of "Oyster Cocktail Catsup." Chill.

OYSTER COCKTAIL, II:

To 6 or 7 small blue-point oysters in a chilled cocktail glass add $1\frac{1}{3}$ tablespoons of tomato ketchup, $\frac{1}{2}$ teaspoon of lemon juice, 1 or 2 drops of Tabasco, as much Worcestershire Sauce, and a few grains of salt, to taste. To this cocktail may be added $\frac{1}{3}$ teaspoon of horse-radish thinly grated from the root; if using bottled horse-radish, use a little less lemon juice. Or, to either one of the cocktails add a teaspoon of crisp, tender, white celery stalk, very thinly chopped, or, a drop of onion juice.

FRIED OYSTERS:

Select choice oysters of even size, 6 for each service. Drain, and wipe between towels, taking care to remove bits of shell and tough membrane; roll in cracker meal in a beaten egg to which 2 or 3 tablespoons of milk have been added, $\frac{1}{2}$ teaspoon of salt, a few grains of Cayenne, and a few drops of lemon juice, then roll in sifted fresh-grated crumbs of stale bread; or, roll only with cracker meal. Fry in hot, deep fat about 1 minute, to a crisp golden color.

Oysters are cooked when browned. Fry small batches at a time. Drain on brown paper at oven, door open. Serve crisp and hot on napkin, garnished around with lemon and parsley. If desired send separately a Philadelphia Relish.

PHILADELPHIA RELISH:

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| 2 cups crisp, dry cabbage, very thinly chopped | $\frac{2}{3}$ teaspoon celery seed $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup green bell pepper, very thinly chopped | 3 or 4 tablespoons mild vinegar |
| $\frac{2}{3}$ teaspoon mustard seed | 3 tablespoons brown sugar |

Mix cabbage and bell pepper in a bowl, and set over ice until needed. Mix the other ingredients a few hours before needed. When ready to serve, combine and mix the two mixtures in the chilled bowl.

MOCK FRIED OYSTERS:

Out of a thin slice of Halibut, cut small oval pieces the size of an oyster, and, with these, proceed as at "Fried Oysters."

BAKED OYSTERS IN SHELL:

Wash, scrub with a brush, and rinse 4 or 5 fresh, unshelled oysters for each service. Arrange the oysters in a dripping pan, deep shell downwards, and bake in a hot oven till the shells separate. Do not bake too long, or oysters will become tough. It may be necessary to open some of them when done. Remove to hot serving dish, and pour on each oyster a teaspoon of the following mixture: Cream 2 tablespoons of butter, add a few grains of salt, a dash of Paprika or a drop of Tabasco, and $\frac{2}{3}$ teaspoon of lemon juice.

OYSTER À LA UNION LEAGUE CLUB:

Arrange, in a dripping pan, some freshly opened, rather large oysters on half-shell, deep shell downwards, using 4 oysters for each service. For 6 persons prepare the following mixture and divide between all the oysters in shell: Rub in a warm bowl a piece of butter the size of a large egg. When creamy add a dash of salt, and a drop of Tabasco or $\frac{1}{3}$ teaspoon of Paprika, and thinly chopped, 1 tablespoon of parsley and a small teaspoon of chive. Add a few drops of lemon juice. Cover each oyster with a thin slice of good breakfast bacon. Bake on top grate of a hot oven about 10 minutes, or remove as soon as the bacon is crisp.

Remove the oysters to serving dish, arrange around them a wreath of parsley, and place in center a quartered lemon.

OYSTERS À LA MONTMARTE:

Arrange in a dripping pan say 2 dozen opened blue-point oysters on half shell, deep shell downwards, using 4 oysters for each service. Dredge over each oyster a few grains of salt and pepper, spread, and divide between

them the following mixture: Melt 2 tablespoons of butter, mix in $\frac{1}{3}$ cup of fresh grated crumbs, and, stirring, add $\frac{3}{4}$ cup of fresh-grated horse-radish root, 1 tablespoon of chopped parsley, $1\frac{1}{2}$ tablespoons of grated Parmesan or Gruyère cheese, and a few drops of onion juice. Bake 10 minutes in hot oven. Garnish with parsley and quartered lemon.

OYSTERS À LA POULETTE:

For 6 persons. Wash and rinse, and remove bits of shell and tough parts of 3 dozen shelled oysters. To $\frac{1}{2}$ cup of strained oyster liquor add one cup of chicken stock, or include as a part of the liquid some mushroom liquor. Set it over a slow fire, and add a "spice bag" holding a sprig of sweet thyme, a slice of onion, 2 sprigs of parsley, a clove, and a few pepper-corns. Add the oysters, and simmer until the oysters are plump and the edges curled. Strain. Reserve the oysters. With the strained liquor, make a Poulette Sauce. Re-heat without boiling the oysters in the sauce. Add a little cream.

BROILED OYSTERS:

Rinse shelled oysters in a little cold water, using 4 or 5 oysters for each service. Drain and wipe perfectly dry between towels. Roll in melted butter seasoned with a little salt, pepper, and 2 drops of lemon juice; then roll in sifted bread crumbs, freshly grated, of stale bread, or in cracker meal. Arrange over a hot greased broiler, and broil over a hot clear fire about $1\frac{1}{2}$ minutes on each side. Serve with a Maître d' Hotel Butter and quartered lemon.

PANNED OYSTERS:

Rinse, clean, and wipe between towels 4 large, shelled oysters for each service. Put 1 or 2 tablespoons of butter in a frying pan over the fire, and when hot, while shaking the pan, arrange in it the oysters. Put at once in a hot oven, and bake on top grate till the oysters are plump. Arrange the oysters on buttered toast on a hot serving dish, 4 oysters on each piece of toast. To liquor in pan

add a little butter, a dash of salt, and a few grains of pepper. Stir until it bubbles, then pour over the oysters. Garnish with quartered lemon and parsley.

PARBOILED OYSTERS AND SAUCES TO RE-HEAT THEM:

Clean the oysters, removing bits of shell and tough parts. Simmer the oysters in their own liquor until they become plump and the fluted edges begin to curl. Oysters should never be allowed to boil. Parboiled oysters may be re-heated in any of the following sauces: Mornay, Currie, Cream, Cardinal, Poulette, or a Brown Sauce in which may be stirred 1 ounce of Anchovy Butter.

OYSTERS IN CREAM, for Filling Patties, Shells, Cases, Etc.:

Prepare a Thick White Sauce II. Season it with a little celery salt or beat in 1 ounce of any of the following butters: Shrimp, Crab, Lobster, or Anchovy Butter. Season as needed. In this re-heat the oysters without boiling.

OYSTERS CROMESQUIS:

Cut into small dice enough parboiled oysters to obtain 1 cup. Cut into same shape 6 canned mushrooms and $\frac{2}{3}$ cup of left-over white chicken meat, skin and gristle removed. Simmer for a few minutes a few thin slices of onion in $1\frac{1}{2}$ tablespoons of butter. Remove onion, add chicken, and, while shaking pan over a slow moderate fire, cook until the butter is absorbed.

Bring to a boil a cup of liquor, which may consist, as available, of oysters or mushroom liquor and Chicken Stock. Melt $\frac{1}{4}$ cup of butter in a small saucepan over the fire, and blend in $\frac{1}{3}$ cup of flour and a few grains of Cayenne. Dilute it with the hot liquor, while stirring the bottom constantly with a wooden spatula till smooth and thick. Continue stirring, adding $\frac{1}{5}$ cup of thin cream and $\frac{2}{3}$ teaspoon of salt. Stir till smooth and bubbling. Set pan in a bath of hot water, then beat in 2

slightly-beaten egg-yolks. Stir and cook in hot water until the eggs are set and thick. Gently mix in the diced ingredients, turn them onto a buttered dish, and cool. Divide the mixture into balls the size of a small egg, and shaped like a cork. Wrap each one in a thin slice of bacon or calf's caul. Fasten with buttered toothpicks, dip in a Batter II, and fry in hot, deep fat to a delicate golden color. Remove toothpicks, and serve on napkin. Send separately a Cardinal Sauce in a boat.

OYSTER CROQUETTES:

Same as preceding recipe, leaving out the bacon or calf's caul, and Batter II, and rolling the shaped croquettes in crumbs and beaten egg, and in crumbs. Fry in hot, deep fat to a golden color and crisp. Serve on folded napkin with quartered lemon. Send in a boat separately any of the following sauces: Cardinal, Cream, or White Sauce. At option leave out the chicken meat and mushrooms, replacing them by an equal amount of oysters.

OYSTER-AND-CORN FRITTERS:

Rub through a sieve $\frac{3}{4}$ cup of canned corn. Add to this pulp an egg beaten till light, $\frac{1}{2}$ teaspoon of salt and a few grains of Cayenne. Beat in about $\frac{1}{2}$ cup of flour sifted with a teaspoon of baking powder. It may be necessary to add a little sifted flour to obtain a thick batter, which dropped from a tablespoon into hot, deep fat, will retain its shape. If batter is too thick, add a little cream; if too thin, add flour. Wipe some par-boiled oysters between towels. Dredge them with a little salt and pepper. Fill a tablespoon with the batter, not quite full, and place on center an oyster, pressing lightly on it. Cover with some of the batter, then, using forefinger, press it out, dropping it into the hot, deep fat. Fry about five or six minutes in hot deep fat to a golden color.

OYSTER TIMBALE:

Proceed exactly as at Fish Timbale I, using diced par-boiled oysters as a part or all of the solid material entered into the filling sauce.

OYSTERS AU GRATIN:

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| 1 pint cleaned oysters | $\frac{1}{4}$ cup thin cream |
| $1\frac{3}{4}$ cups bread crumbs or part cracker crumbs | $\frac{2}{3}$ teaspoon salt |
| $\frac{1}{2}$ cup melted butter | $\frac{1}{2}$ teaspoon white pepper |
| $\frac{1}{4}$ cup oyster liquor | At option, a little onion juice |

Pour the melted butter over the crumbs. Spread $\frac{1}{3}$ of the buttered crumbs in a buttered glass oven gratin dish. Arrange over it half of the oysters, and dredge over oysters half of the seasoning. Mix oyster liquor and cream, pour half of it over this layer, and repeat a layer of buttered crumbs, oysters, and seasoning. Add remaining liquor. Dredge over oysters some buttered crumbs. Bake 25 minutes in a quick, moderate oven.

CLAMS ON HALF-SHELL:

When fresh, little-neck clams are opened same as oysters and served in the same manner (see, "Oysters on Half-Shell").

BAKED LITTLE-NECK CLAMS ON HALF-SHELL:

Open 3 dozen scrubbed and rinsed little-neck clams. Arrange these on half-shell, deep shell downwards, in a pan. Dredge over a little salt and pepper, then spread and divide between clams the following mixture: Rub to a cream 1 ounce of butter. While stirring, add a drop of Tabasco, $\frac{1}{4}$ teaspoon of onion juice, and, very thinly chopped, 2 tablespoons of mushroom buttons, a tender shallot, and a teaspoon of parsley. Add 1 tablespoon of lemon juice.

Or, follow directions given at "Oysters à la Union League Club" or "Oysters à la Montmartre."

CLAMS AU GRATIN:

Substitute clams for oysters and proceed as at "Oysters au Gratin."

STEAMED CLAMS:

Rub clams with a brush in a change of water, rinse, and drain. Put about $\frac{1}{2}$ cup of water in a kettle over a good fire. When boiling arrange in the clams, tightly cover, and cook till the clams are partly opened, shaking the kettle occasionally, and drain. Do not cook too long. Lift up and remove upper shell, and quickly arrange the clams on a folded napkin. Garnish with parsley and quartered lemon. Strain the clam liquor through a doubled cheese-cloth, holding back any sand at bottom of kettle. Send it hot in a boat.

FRIED CLAMS:

Steam some clams as above, remove shells, wipe between towels, dip in a Batter I or II, and fry in hot, deep fat to a golden color.

BAKED CLAMS IN SHELL:

Rub the live clams in a change of water, rinse, and drain. Cook as directed at "Baked Oysters in Shell."

MUSSELS MARINIÈRE:

Wash, scrape, scrub, and rinse the mussels. Drain. Place in a kettle with a tablespoon of butter, a fine sliced carrot and onion, and a slice of garlic. Add a few sprigs of parsley, and a dash each of salt and pepper. Tightly cover, set over a brisk fire, and, while shaking the pan often to prevent the mussels from scorching at bottom, cook till the mussels are open or partly open. Serve at once on a hot dish, one shell removed. Strain the liquor through a doubled cheese-cloth, holding back any sand, and pour it hot over the mussels.

MUSSELS À LA POULETTE:

Shell 2 pounds of mussels cooked as directed in preceding recipe and strain liquor as directed there. Skim off the fat on top, add enough combined Chicken Stock, mushroom liquor and cream to obtain $1\frac{1}{4}$ cups of liquor. Melt $2\frac{1}{2}$ tablespoons of butter in a saucepan over the fire, blend in as much flour, a few grains of Cayenne, and, while stirring constantly with a wooden spatula, dilute

with the hot liquor. Stir till smooth and boiling, then remove to a slow fire, and simmer 10 minutes. Remove pan to a hot water bath, beat in 2 slightly-beaten egg-yolks, and $\frac{1}{2}$ teaspoon of lemon juice, and cook in hot water till the eggs are set. Season as needed with salt and pepper. Beat well before adding the mussels.

MUSSELS AU GRATIN:

Shell 2 pounds of mussels cooked as in preceding recipe, and, with them and the strained liquor, proceed as directed at "Oysters au Gratin."

Preparation of Terrapin

Let two live terrapin run an hour in cold water. Immerse them head first into boiling salted water, enough to cover. Add a clove inserted in an onion and a kitchen bouquet. Bring to a boil, and simmer 5 minutes. With skimmer, lift out the terrapin, and, with towels, remove the skin. Return the terrapin to boiling water, bring it again to a boil, remove kettle to a slow fire, let simmer 40 minutes or until tender, and drain. Immerse in cold water a few seconds, then lift terrapin out. Break the shell apart, take off legs and head, cut the head through the eyes, take all the meat off, and discard the gall and bladder, sand bags, and intestines. Reserve the liver, washed, and the eggs, if any, skins removed. Draw the nails from the feet. Cut the meat and liver in even pieces, and place on a dish with the eggs.

TERRAPIN À LA MARYLAND:

Prepare 2 terrapin as directed above. Put in a bowl the terrapin egg-yolks freed of their skins. Simmer the terrapin in $1\frac{1}{2}$ tablespoons of melted butter until the butter is absorbed, occasionally shaking the pan. Dredge over a little salt and white pepper. Add $\frac{1}{3}$ cup of sherry and simmer until nearly dry. Cover and place in hot water to keep hot. Heat $\frac{1}{2}$ cup of sherry to a bubble and while beating the terrapin egg-yolks in bowl slowly add a little sherry. Continue beating and add the egg mixture to the sherry and cook without boiling

until the eggs are set. Or, leaving out the eggs, thicken the sherry as usual with a Blond Roux. Keep hot until needed. Rub 6 hard-boiled egg-yolks, with 1 ounce of fine butter added, through a fine sieve into a saucepan or double boiler. Add a dash of Cayenne and $\frac{1}{2}$ teaspoon of salt. Ten minutes before serving, while beating constantly, set over a slow moderate heat and slowly add $1\frac{1}{2}$ cups of thin warmed cream. Beat, and cook without boiling until it masks a spoon. Combine the three hot mixtures and correct seasoning to suit the taste. If desired, add a dash of nutmeg and allspice. Serve at once in a heated silver chafing-dish.

TERRAPIN À LA BALTIMORE:

Wrap in a "spice bag" a few sprigs of parsley, a sprig of sweet thyme, 2 crushed shallots, a clove, a teaspoon of pepper-corn, and a quarter of a bay leaf. Have ready two prepared terrapin, cooked and cut into pieces as directed above ("Preparation of Terrapin"). Turn into a saucepan; add spice bag, 1 cup of sherry, and $\frac{1}{4}$ teaspoon of salt. Bring to a boil and simmer till liquor is reduced to $\frac{1}{4}$ cup. Add $1\frac{1}{2}$ cups of Espagnole or rich Brown Sauce. Shake pan to mix while simmering a few minutes. Season if needed with a few grains of Cayenne. Remove spice bag. Serve on buttered toast. Garnish with toast points.

FRIED FROG LEGS:

Skin the hind legs, and let stand 2 hours in cold water. Drain, and wipe between towels. Put into a bowl, dredge over a little salt, a little pepper, and a few drops of lemon juice. Add a few thin slices of onion and a few sprigs of parsley. Turning over occasionally, let stand 2 hours, then drain, and wipe between towels. Roll in flour and fry as usual to a crisp, delicate golden color, in hot, deep fat. Garnish with Fried Parsley. Serve at once.

FROG LEGS À LA POULETTE:

Skin the hind legs and soak 2 hours in cold water. Drain, and wipe dry between towels. Simmer over a

slow fire, in a small saucepan in 2 tablespoons of melted butter, a sliced onion and shallot. Remove the vegetables. Sauté the frog legs in the butter left in the pan a few minutes or until tender (they must not take any color), tossing or gently stirring. Dredge over a little salt and white pepper. When done, turn the drained frog legs into a Poulette Sauce. Shake pan to mix. If desired, add a few canned mushrooms cut in two lengthwise. Serve on buttered toast. Garnish with toast points. Utilize the butter left in pan to make the sauce.

Recipes for Salted Fish

SALTED CODFISH IN CREAM:

When the fish is freshly salted and soft, break it into pieces and pick. Turn it into a kettle in slightly lukewarm water, more than enough to cover, and allow it to stand over a slow fire until tender, then drain. It should not boil, the time of cooking depending on hardness and saltiness of fish.

When the fish is long salted and hard, it should be soaked from 2 to 12 hours in a change of cold water, the time of soaking depending on saltiness and dryness of fish. Drain. Put in a kettle with cold water more than sufficient to cover, and cook as above till tender. Drain.

Remove skins and bones, flake the fish, and turn into a White or Cream Sauce in which the salt has been omitted.

SALTED CODFISH AU GRATIN:

Butter a gratin dish. Using pastry bag and tube, force around border a ring of Potato Croquette mixture. Fill the center with a mixture as made in preceding article. Dredge over top some grated cheese and buttered crumbs, or simply dredge with crumbs. If desired add some sliced canned mushrooms to the codfish mixture. Brush potato ring with a beaten egg-yolk. Bake to a delicate golden color. Avoid letting the mixture bubble.

SALTED CODFISH MAÎTRE D'HOTEL:

Prepare, blanch, drain, pick, and flake the codfish as done at "Salted Codfish in Cream," and, while hot, spread over it a Maître d'Hotel Butter. Serve at once.

CODFISH À LA LYONNAISE:

Peel and cut lengthwise into quarters 2 or 3 white, tender onions, then thinly slice crosswise. Melt 3 tablespoons of butter in a frying-pan over a slow fire, add the onions, and cook 20 or 25 minutes, or until tender and very slightly amber-colored, stirring occasionally. Add, if desired, 2 peeled cold boiled potatoes, quartered and sliced thin crosswise. Remove pan to a moderate fire. Sauté a few minutes, then gently stir in 2 cups of flaked, blanched codfish. Cook, tossing a few minutes, until all the butter is absorbed. Dredge over white pepper as needed. As soon as the surface underneath is amber-colored, turn over. Cook a minute, then shape the mixture as an omelet. Cook till under surface is a little browned, invert on a hot dish, and dredge over some chopped parsley.

SALT CODFISH BALLS:

Blanch and flake say 1 pound of salted codfish as directed at "Salted Codfish in Cream." Pound to a paste in a mortar, while adding 1 egg-white. Then continue pounding while adding 1 cup of left-over boiled potatoes forced through a potato ricer, and $\frac{1}{8}$ teaspoon of white pepper. Pound to a smooth paste. Shape into balls the size of an egg, flatten them to 1 inch thick, roll in flour, shake off superfluous flour, and fry in hot, deep fat to a delicate golden color. Serve over a Cream or a White Sauce.

SALT CODFISH, FAMILY STYLE:

For this dish only the best quality of fresh salted codfish can be used. Carefully flake and pick the fish. Soak 2 hours in cold water. Peel as much potatoes as you have fish, cut them into four lengthwise, and thinly slice

crosswise. Soak them 2 hours. Drain codfish and potatoes. Arrange and mix the potatoes and codfish in a kettle. Add rich milk to cover, and simmer till the potatoes are soft. Two minutes before done, add, cut into bits, 1 ounce of butter kneaded with as much flour. Shake pan to mix ingredients. Season as needed with white pepper.

Or, to a salted codfish in cream mixture, add some hot boiled potatoes peeled, quartered, and sliced crosswise. Shake pan to mix. Season as needed.

BOILED SALT MACKEREL:

Wash a salted mackerel and soak it overnight in cold water enough to cover. Drain, and put over fire with water to which milk has been added, enough to cover. Simmer about 12 minutes or until tender. Thoroughly drain. Arrange on a napkin, and garnish with quartered lemon and parsley. Send in a boat a Cream Sauce, separately, or a melted butter flavored to suit the taste with chopped parsley and lemon juice.

To the cooking fish add, if desired, a teaspoon of vinegar or a slice of lemon, a clove driven into a half-onion, and sprigs of parsley.

BROILED FINNAN HADDIE:

Brush half a Finnan Haddie with oil. Arrange it on a hot greased broiler and broil over a moderately hot, clear fire to a nice brown color. Remove fish to a basin holding hot water to just cover fish, and let stand 6 to 10 minutes, according to thickness. Drain thoroughly. Remove fish to hot serving dish and spread over it a creamed butter to which has been added a little pepper. Garnish with quartered lemon and parsley.

FINNAN HADDIE IN CREAM:

Put into a pudding dish one-half of a Finnan Haddie cut into fourths. Cover with cold water. Bring to a bubble, then remove to back of stove where it will threaten to boil, but not quite, for 25 minutes or till tender. Drain thoroughly. Remove skin and bones,

flake it, and turn into a hot White or Cream Sauce from which the salt has been omitted. Season as needed.

Ways of Utilizing Left-Over Fish

FISH FORCEMEAT WITH LEFT-OVER:

Although forcemeat is best when made with raw fish, it may be made with cooked white, firm fish, such as halibut, bass, codfish, etc. Remove bones, skin, and gristle, and proceed as directed at "Fish Forcemeat," I or II or "Fish Cream Forcemeat," I or II.

POACHED FISH QUENELLES, I:

Using left-over firm fish, prepare a Fish Cream Forcemeat, reserving of the fish some oval-shaped rather thin scallops the size of a teaspoon. Dredge with a few grains of salt and pepper. Dip 2 tablespoons in boiling water. Lift and fill each with the forcemeat mixture, arranging to have the sides level with the forcemeat and center a little hollow. Arrange in cavity of one of them a reserved scallop of fish. Sandwich contents of the tablespoons, press together to firmly shape an oval ball, lift off one spoon, then, using fore-finger, press out into boiling salted water set over a slow fire. Poach about 10 minutes, keeping the water just under boiling point. Prepare and cook in a like manner 1 ball for each service. Serve on a hot dish over a hot Tartar or Italian Sauce.

POACHED FISH QUENELLES, II:

Same as preceding, only substitute for each scallop of fish a half parboiled oyster or 3 shelled shrimps.

FRIED FISH QUENELLES:

Prepare, stuff, and poach some Fish Quenelles as in either of the two preceding recipes. Drain, and dry on a strainer. Roll in beaten egg, seasoned with salt and pepper, then roll in crumbs. Fry in hot deep fat to a delicate golden color. Drain on brown paper. Arrange on a hot dish over a hot sauce, either Tartar or Montebello.

FISH CROQUETTES WITH LEFT-OVER:

To a cup of hot Thick White Sauce I, add and mix in $1\frac{1}{2}$ to $1\frac{2}{3}$ cups of flaked left-over fish, skin, bones, and gristle removed. If desired, enter as a part of the solid material a few diced blanched mushrooms or chopped hard-boiled eggs. Season as needed with salt and white pepper. Spread mixture on a buttered dish to cool. Shape like a cork or a cutlet. Roll in cracker meal, beaten egg and crumbs. Fry in hot, deep fat to a nice golden color. Serve with any of following hot sauces: Cream, Tartar, Muslin, Capar, etc.

FISH IN CREAM WITH LEFT-OVER:

Flake some left-over fish, removing skin and gristle. For $1\frac{1}{2}$ cups of fish, melt over a slow fire in a small saucepan $1\frac{1}{2}$ tablespoons of butter. In this simmer a few slices of onion for a few minutes. Remove onion. Simmer the prepared fish a few minutes in butter left in pan, while shaking pan till the butter is absorbed. Turn into a cup of White or Cream Sauce, shake pan to mix till re-heated to nearly the boiling point, and season as needed with salt and a few grains of Cayenne.

FISH IN CREAM WITH POTATO RING:

Prepare and cook a "Fish in Cream with Left-Over" as directed above, and with it proceed as directed at "Salted Codfish au Gratin." Serve on same dish.

FISH HASH OR MINCED FISH:

Using potatoes cooked the day before, peel boiled or baked potatoes and thinly chop. Chop fine as much left-over fish, skins and bones removed, as there are potatoes. Melt 3 tablespoon of butter over a moderate fire, add a sliced onion, and simmer until onion is amber-colored. Remove onion, and in its place add the thoroughly mixed potatoes and fish. Dredge over $\frac{1}{2}$ teaspoon of salt and a good dash of white pepper, shake the pan occasionally and cook until the lower surface is golden-colored, then turn over. Cook a few minutes, then shape as omelet.

When under surface is browned, invert it onto a hot dish, and dredge over some chopped parsley. Salt pork may be substituted for the butter, in which case, try out the salt pork, diced, remove scraps, and proceed as above.

FISH IN SHELL:

Mix a teaspoon of grated cheese and some flaked remnant fish, skin and gristle removed, in a Thick White Sauce II. Season as needed with salt and pepper. Arrange mixture in buttered shells. Dredge over grated cheese and bread crumbs. Bake 20 minutes to a delicate golden color.

Or, as a variation, substitute for White Sauce any of the following: Tomato, Spanish, Brown, or Bechamel Sauce.

COLD FISH À LA VINAIGRETTE:

Using any white remnant fish broken into flakes, skin and gristle removed, gently mix in a Vinaigrette Dressing. Let stand a few hours in a cold place. Pile on a chilled dish, and garnish around with parsley and lemon slices. May be served as a main course of a hot-day summer lunch.

CHAPTER XII

HOT ENTRÉES

SWEETBREADS, BRAINS, KIDNEYS, LIVER
TONGUE, ETC.

Recipes for Sweetbreads

SWEETBREADS spoil quickly and should be par-boiled as soon as they come from the market, and pressed into shape as directed below. Sweetbreads should be bought by sets, each set consisting of two parts connected by a tube and membranes.

Remove blood by soaking for about 2 hours in a change of cold water or till perfectly white. It is desirable before soaking to split open the connecting tube without separating the two sweetbreads. Drain, turn the sweetbreads into enough boiling water to cover, and simmer 15 minutes; then drain again. Immerse a minute in plenty of cold water, and drain. Remove connecting tube and skins, arrange between two light dishes in a cold place to cool, then press into shape.

All the recipes given for calves' sweetbreads are good also for lamb's sweetbreads. Sweetbreads are often larded with thin lardoons of salt pork or truffle.

SWEETBREADS AU JUS:

Prepare 2 or 3 sets of sweetbreads as above, parboil 15 minutes and press into shape. Insert into their smoothest surfaces thin lardoons of lard-pork. Place in a Dutch oven pot or in a shallow, thick pan of selected size, 1 onion, 1 carrot, and trimmings of salt pork, all thinly sliced. Arrange the sweetbreads over this, and sprinkle over a little salt and pepper. Baste with a little melted butter, and, gently shaking pot, cook 8 or 10 minutes; then add 1 cup of hot reduced Consommé. Cover with a greased paper. Cook in a moderate oven till tender, 50 minutes to an hour. Baste occasionally with liquor

in pan to glaze them and turn over once. Arrange on buttered toast on hot serving dish. Reserve hot. Strain liquor, free it of fat, and give a bubble. Mask sweetbreads with sauce, and garnish with toast points.

If a thicker sauce is desired, you may add a cup of Brown Sauce or stir in the bubbling liquor a teaspoon of cornstarch kneaded with a teaspoon of creamed butter, or again, thicken as usual with a Brown Roux.

SWEETBREADS À LA POULETTE:

Soak two sets of sweetbreads as above and parboil 5 minutes. Drain, remove inedible parts, and wipe between towels. Melt 4 tablespoons of butter over a slow fire, and when hot but not colored, arrange in the sweetbreads, and cook a few minutes, turning over as needed so they do not color. Remove sweetbreads, and reserve. With the butter left in pan and 4 tablespoons of pastry flour and a small dash of white pepper, make a White Roux: Dilute it as usual with a pint of White or Chicken Stock. Stir or beat until smooth and boiling throughout, then add the sweetbreads. When boiling again, remove to a slow fire, and simmer bubbling at one point until tender, about an hour. Five minutes before done, add a dozen small canned mushroom bottoms, and when done, set pan in a bath of hot water. While stirring two egg-yolks in a bowl, add a teaspoon of lemon juice and a little of the hot sauce. Combine the two mixtures, while cooking and stirring them, the pan always kept in hot water, until the eggs are set. Season as needed.

Arrange the sweetbreads over buttered toast on a hot dish, mask them with the sauce, and add the mushrooms. Garnish with toast points.

SWEETBREADS À LA PARISIENNE:

For 6 persons order as many compact sweetbreads. Parboil 5 minutes and press into shape as directed above. Insert on smoothest surfaces of sweetbreads alternate rows of thin lardoons of truffle and salt pork. Cook 8 minutes over a bed of sliced vegetables and salt pork trimmings, as at "Sweetbreads au Jus." Then add a

gill of sherry, and cook until nearly dry. Add a cup of hot reduced Consommé, then finish cooking the sweetbreads and make the sauce as directed at "Sweetbreads au Jus."

Prepare a Chicken Cream Force meat. Line with buttered paper a tin that exactly fits the serving dish. Spread a layer an inch thick of above force meat. Cover with greased paper and bake in a slow moderate oven till firm. Invert on a hot serving dish, and heap on the center a vegetable purée made of either cauliflower, artichoke bottoms, or green peas, etc. Dress the sweetbreads on and around it, and garnish the open space between the sweetbreads with blanched mushroom bottoms and slices of truffle. Send the sauce in a boat, separately.

SWEETBREAD CROQUETTES:

Cut into small dice a cup of sweetbreads cooked as directed at "Sweetbreads au Jus." Cut into same shape $\frac{1}{3}$ cup each of cold boiled lean ham and canned mushrooms. Mix these in a hot Thick White Sauce I, to which two egg-yolks have been added, and season as needed. Spread mixture on a buttered dish to cool. Shape like a cork or cutlet, roll in crumbs, beaten egg and again in crumbs. and fry in hot, deep fat to a delicate golden color. Serve on napkin. Send separately in a boat one of the following sauces: Bearnaise, Montebello, or Muslin Sauce.

SWEETBREADS WITH VEGETABLE PURÉE:

Prepare and cook 2 or 3 sets of sweetbreads as directed at "Sweetbreads au Jus." Arrange the sweetbreads over any of the following purées: Green Peas, Artichoke Bottom, Cauliflower, or Chestnut Purée, etc. Garnish with toast points. Send sauce in a boat, separately.

SWEETBREADS WITH VEGETABLES:

Prepare and cook the sweetbreads as at "Sweetbreads au Jus." Pile on center of a hot serving dish any one of the following cooked vegetables: Spinach au Velouté,

Vegetables Macedoine, Boiled Green Peas à l'Anglaise, Asparagus Tips à la Française, etc. Dispose the sweetbreads around it and mask them with the sauce. Garnish with toast points.

SWEETBREADS AUX FINES HERBES:

For 6 persons parboil for 5 minutes 3 sets of sweetbreads as directed above. Arrange at bottom of an oven dish a bed of thin slices of salt pork, and dispose over it the sweetbreads. Thinly chop 1 tablespoon of parsley, 1 green onion, a thin slice of garlic, and 3 peeled mushrooms. Knead these with butter the size of a small egg, then dot sweetbreads with bits of this butter. Sprinkle over $\frac{1}{3}$ teaspoon of salt and a dash of pepper, place over top a few thin slices of lard-pork, add $\frac{1}{2}$ cup of cold Consommé or part white wine, cover with greased paper, and cook in slow oven an hour and a half, or until tender. When done, arrange the sweetbreads on a hot serving dish, remove lard-pork from liquor, skim off the fat on top, re-heat, adding a teaspoon of lemon juice, and pour the sauce over the sweetbreads.

BROILED SWEETBREADS:

Soak, parboil 5 minutes, and press into shape say 3 sets of sweetbreads, as directed at "Preparation of Sweetbreads," etc. Simmer for a few minutes a thinly sliced onion in a tablespoon of melted butter in a saucepan. Add 1 pint of White Stock, and a kitchen bouquet, bring it to a boil, add the sweetbreads, and, when boiling again, remove to a slow fire and simmer until tender or about 50 minutes, adding a teaspoon of salt. Drain, wipe between towels, and cool. Cut each sweetbread in two lengthwise, dredge over a little salt and pepper, and roll in melted butter, and freshly grated bread crumbs. Arrange on a hot greased broiler and broil over a clear hot fire to a delicate brown color. Remove the sweetbreads to a hot serving dish, arrange around them the following blanched vegetables, simmered in a little melted butter: asparagus tips, artichoke bottoms, and cauliflower flowerets.

Send in a boat, separately, any one of the following sauces: Muslin I or II, or a Hollandaise Sauce in which have been stirred 3 tablespoons of Tomato Purée or 1 teaspoon of Meat Glaze, or extract.

Broiled sweetbreads are occasionally served with a Vegetable Purée.

SWEETBREADS À LA VILLEROI:

Cut some blanched sweetbreads lengthwise as in preceding recipe, dip in a Villeroi Sauce, and let stand until firm. Roll in beaten egg, seasoned with a little salt and pepper, then in crumbs. Fry in hot deep fat to a delicate golden color. Serve crisp and hot as directed in preceding recipe.

The liquor in which the sweetbreads have been blanched should be utilized to make the Villeroi Sauce.

SWEETBREADS À LA FINANCIÈRE:

Prepare and cook 3 sets of sweetbreads as directed at "Sweetbreads à la Parisienne," only using truffle to lard the sweetbreads, or not larding at all. When done remove and reserve hot. Strain the liquor and free it of fat; add, as may be available, $1\frac{1}{3}$ cups of liquor Consommé, mushroom liquor, or sherry, and a little Meat Glaze. With 3 tablespoons of butter and $3\frac{1}{2}$ tablespoons of flour make a Brown Roux. Dilute as usual with the above liquor, beating constantly until smooth and boiling. Then remove to a slow fire to simmer bubbling at one point 20 minutes. Skim off fat and frothy matter as it appears. Add 12 canned mushroom buttons and simmer 2 minutes; remove the pot to a bath of hot water, and add, if available, 2 or 3 chicken livers cut in halves or fourths, according to size, and previously sautéed as directed at "Chicken Liver Sautéed."

Arrange the sweetbreads over some buttered toast on a hot serving dish, and around it the mushrooms and liver, and mask the whole with the sauce. Garnish with toast point.

If desired, add some poached Chicken Force meat Quenelles.

PATTIES, OR VOL AU VENT, ETC., SWEET-BREADS À LA FINANCIÈRE:

Same as preceding, only cut the cooked sweetbreads into even pieces about 1 inch thick and thicken the liquor with 4 tablespoons of butter and $4\frac{1}{2}$ tablespoons of Flour. Re-heat, in the sauce, the sweetbreads, mushrooms, and chicken livers. When ready to serve, fill hot Croustades, Patties, etc.

SWEETBREADS AU GRATIN:

Cut lengthwise 2 or 3 sets of blanched sweetbreads prepared as at "Broiled Sweetbreads." Strain the liquor and free it of fat. Reduce or add White or Chicken stock to obtain 1 pint of liquid, which thicken as usual with a White Roux, beating constantly until smooth and boiling. Remove to a slow fire, let simmer 20 minutes, and skim. * Beat two egg-yolks in a bowl, while adding $\frac{1}{2}$ cup of cream. Combine with first mixture, and cook, stirring, below boiling point until the eggs are set and thickened. Season as needed with salt and pepper. Pour over the sweetbreads arranged in a buttered glass oven gratin dish. Dredge over top some grated cheese and buttered crumbs, or simply the crumbs, and bake to a delicate golden color.

SWEETBREADS À LA PERIGUEUX:

Prepare and cook 2 or 3 sets of sweetbreads as at "Sweetbreads à la Parisienne," only using truffle to lard the sweetbreads. Serve as there directed, with a Perigueux Sauce made out of the cooking liquor freed of fat.

SWEETBREADS, COUNTRY STYLE:

Soak 2 hours, and parboil 5 minutes, say 2 sets of sweetbreads, and drain. Immerse 2 minutes in plenty of cold water, then drain. Remove inedible parts. Place between 2 light dishes to cool and shape. Dredge over a little salt and pepper, and roll in flour. Polish a pan with oil, arrange the sweetbreads in it, baste them with

melted clarified butter, and set on each one a thin slice of salt pork, to be removed 10 minutes before the sweetbreads are done. Bake about 40 minutes or until tender and nicely golden colored, turn over once and baste occasionally, twice at first with a tablespoon of melted butter.

SWEETBREAD TIMBALE, I:

Butter a quart timbale mold, and set at bottom a buttered piece of blank paper. Arrange on bottom and sides of mold a layer of Chicken Bread Panada Force-meat. Cook $\frac{1}{2}$ pound of sweetbreads as directed at "Sweetbreads au Jus," and when done, drain. Cut the sweetbreads into small even pieces. Strain the liquor, free it of fat, and add as needed and available, to obtain 1 cup of liquor, either Consommé, Brown Stock, or mushroom liquor. With $3\frac{1}{2}$ tablespoons of clarified butter and $\frac{1}{4}$ cup of pastry flour, make a Brown Roux. Dilute it as usual with the above liquor, stir until boiling, then simmer a few minutes, bubbling at one point, seasoning if needed with salt and pepper. Remove from fire, and add the sweetbreads. When cold fill the center of mold, spread over a layer of forcemeat, cover with a greased paper, and poach in slow moderate oven until firm on top center. Unmold hot as usual onto a hot dish. Serve with it a Mushroom or a Perigueux Sauce.

If desired, use less sweetbread, and add a few small canned mushroom buttons.

SWEETBREAD TIMBALE, II:

Soak a set of sweetbreads 2 hours in a change of cold water or until the blood is thoroughly removed. Drain and wipe between towels. Removing connecting tube and skins, cut into pieces, and rub through a sieve into a bowl. Add $\frac{2}{3}$ teaspoon of salt and a few grains of Cayenne, then, while beating it, add, one by one, 3 egg-whites, chilled. Continue beating while adding, very slowly at the beginning, $1\frac{1}{3}$ cups of chilled thick cream. Beat well. Turn mixture into buttered individual timbale molds, cover with a greased paper, and poach

as usual in a slow, moderate oven. Serve the hot unmolded timbales on a hot dish over a Mushroom or Perigueux Sauce.

SWEETBREADS CHARTREUSE:

Cut while cold an equal amount of blanched red carrots and turnips that have been cooked separately, in even, long strips the thickness of a small pencil. Wipe between towels. Butter a quart mold generously; press the carrots and turnips onto bottom and side of mold, alternating them as to color in a decorative manner, to entirely screen surface of the mold. Chill until firm.

Spread over the vegetables a layer $\frac{1}{2}$ inch thick of Chicken Panada Force meat; then finish with same ingredients as Sweetbread Timbale I.

Recipes for Calves' Brains, etc.

Calves' brains are best, but when not available, lambs' brains may be substituted, 2 or 3 sets of lambs' brains taking the place of 1 set of calves' brains. The brains should always be very fresh; therefore, soak, prepare, and blanch them as soon as obtained.

To Prepare the Brains, soak them 1 hour in a change of cold water, then, letting the water run on them slowly, with tips of fingers remove skins and clotted blood. Wash, rinse, and drain.

BOILED CALVES' BRAINS:

Soak and clean as above. Using enough water to cover the brains, to 1 pint of water add a teaspoon of salt, a teaspoon of vinegar, a few pepper-corns, a clove driven in a half-onion, and a small kitchen bouquet. Bring to a boil, and simmer 20 minutes. Add the brains, and when boiling again, remove to a slow fire to simmer 15 minutes. Remove and let cool in their own liquor. Set in a cold place to use as directed.

Or, drain the hot brains and serve with any one of following sauces: Bearnaise, Vinaigrette, or a highly seasoned Tomato or Montebello Sauce.

CALVES' BRAINS, BROWN BUTTER:

Calves' brain boiled as above or re-heated in their own liquor, are drained and cut in two lengthwise. Arrange them on a hot serving dish, dredge over some chopped parsley, pour over a very hot Brown Butter Sauce, and garnish with "Fried Parsley." Two sets of calves' brains will serve 6 or 8 persons.

CALVES' BRAINS CUTLETS:

For a service of 6 persons boil as above 3 calves' brains or $1\frac{1}{2}$ sets, and drain. Wipe carefully between towels to remove moisture and rub through a purée strainer. In a saucepan with a thick bottom, make a Blond Roux as usual, with 3 tablespoons of butter and as much flour, adding a dash of Cayenne. Then, while stirring constantly with a wooden spatula at bottom of pan, gradually add the brain purée. Cook and stir until very thick, correcting the seasoning to suit taste. Turn onto a buttered dish to cool. Shape 6 balls, roll in cracker meal, flatten into cutlet shape, roll in beaten egg seasoned with salt and pepper, and in crumbs. Fry in deep, hot fat to a nice golden color. Insert in each cutlet a piece of macaroni on which set a chop frill. Serve at once, overlapping, with a Hollandaise, Bearnaise, Hot Tartar, Caper or a highly seasoned Tomato Sauce.

CALVES' BRAINS AU GRATIN:

Blanch $1\frac{1}{2}$ sets of calves' brains as at "Boiled Calves' Brains." Drain, and wipe between towels. Cut into thick scallops, and arrange, overlapping, in a buttered glass oven gratin dish. Add 1 pint of White or Poulette Sauce to barely cover the brains. Dredge over top grated cheese and buttered crumbs. Bake to a delicate golden color. Serve in same dish.

FRIED CALVES' BRAINS:

Cut in two lengthwise some cold boiled calves' brains. Roll in cracker meal and beaten egg, to which 3 tablespoons of milk have been added, $\frac{1}{2}$ teaspoon of salt and

a little pepper, then roll in crumbs again. Fry in hot, deep fat to a delicate golden color. Serve with any one of the following hot sauces: Tartar, Muslin, Mayonnaise, Victor Hugo, Bearnaise, Montebello, etc.

Or, leaving out the crumbing, dip the brains in a Batter I or II and fry as above.

CALVES' BRAINS FILLING, for Patty Shells, Cases, Ramequins, Etc.

Cut in pieces $\frac{1}{2}$ inch thick some cold boiled calves' brains. Re-heat these in a mixture made as directed at "Patties, Case, or Vol au Vent, etc., Sweetbreads à la Financière."

Or, re-heat in a Thick White Sauce II.

CALVES' BRAINS BROILED:

Boil $1\frac{1}{2}$ sets of calves' brains as above and allow them to cool in their own liquor. Drain and wipe between towels. Cut each brain in two lengthwise. Roll in melted butter seasoned with a little salt and pepper, then in crumbs. Broil on a hot greased broiler, over a hot clear fire, till delicately golden-colored on both sides. Serve with a Bearnaise or highly seasoned Tomato Sauce.

Recipes for Kidneys

Kidneys should be very fresh. Veal and lamb kidneys are best, although mutton kidneys are often substituted. Beef kidneys are cooked in the same manner as veal kidneys.

Remove the skin that covers the kidneys. Cut veal kidneys into four lengthwise, carefully remove fat and gristle in center, then slice crosswise $\frac{1}{8}$ of an inch thick. Soak 20 minutes in cold salted water, enough to cover, drain, and wipe perfectly dry between towels. Lamb and mutton kidneys are simply sliced crosswise, but care must be taken to remove fat and gristle in center. Soak and wipe as above.

VEAL OR LAMB KIDNEY SAUTED, I:

Skin and prepare 2 veal or 8 lamb kidneys as above, slice, soak, and wipe between towels. Turn into a bowl,

add, stirring, 1 tablespoon of oil, and let stand until needed, in a cold place. Simmer a sliced onion over a slow fire in 2 tablespoons of clarified butter. Remove onion. Set pan over a brisk fire, and when the butter is hot but not colored, add the kidneys. Cook nearly 3 minutes, tossing or shaking pan so they brown and cook evenly. Place the kidneys on buttered toast on a hot serving dish, and dredge over a little salt and pepper. Remove pan to a slow fire, add a small piece of butter, melt, and blend in $2\frac{1}{2}$ tablespoons of flour. Cook till browned and, while stirring constantly till boiling and smooth, dilute this Brown Roux with one cup of Consommé or $\frac{1}{2}$ cup of Brown Stock, with an equal amount of either mushroom liquor, white wine or sherry. Season as needed with a little salt and pepper. Simmer a few minutes and strain over the kidneys. If wine is not used, flavor the sauce with a few drops each of lemon juice and Worcester Sauce, and a teaspoon of chopped parsley.

VEAL OR LAMB KIDNEY SAUTED, II:

Skin and prepare 2 veal or 8 lamb kidneys, slice, soak, and wipe between towels. Marinate them a while in a little oil. Turn into a hot frying-pan over a brisk fire in 2 tablespoons of hot melted butter. Toss or shake pan, add a very thinly chopped tender shallot, cook 3 minutes, place on buttered toast, and dredge over a little salt and pepper. To butter left in pan add, stirring, a little butter, a teaspoon of chopped parsley, and a few drops of lemon juice. Pour over kidneys.

LAMB KIDNEY À LA FLAMANDE:

Skin 8 lamb kidneys and split in two lengthwise. Remove center fat and gristle. Soak 20 minutes in salted water, drain, and wipe perfectly dry between towels. Put in a bowl, add a tablespoon of oil, mix, and let stand a while. Heat a frying-pan over a brisk fire, add 2 tablespoons of butter, turn in the kidneys, and cook them, turning over or tossing as needed, about 4 minutes, to a nice brown color on both sides. When done dredge over a little salt and pepper. Arrange over buttered toast.

To pan set over a slow fire, add 1 tablespoon of butter, and, very thinly chopped, 2 tablespoons of tender shallot. When slightly amber-colored, add a handful of sliced mushrooms. Cook over a quicker fire until nearly dry, then add 1 cup of Brown Sauce, and, if available, a little sherry or white wine. If wine is lacking, add $\frac{1}{2}$ teaspoon of lemon juice, a few drops of Worcester Sauce, and a teaspoon of chopped parsley. Simmer 10 minutes. Season if needed. Pour sauce over kidney.

LAMB KIDNEY BROCHETTE:

Prepare 6 lamb kidneys and marinate them in a tablespoon of oil or melted butter as in preceding recipe. For each service run a skewer lengthwise through 2 kidney halves arranged side by side. Place over a hot greased broiler, over a hot clear fire, and broil $2\frac{1}{2}$ minutes on each side. When done dredge over a little salt and pepper, arrange on buttered toast, and spread over a Maître d'Hotel Butter.

How to Slice and Cook Bacon

Bacon should be kept in a cold, dry place. To slice, put the strip of bacon on a board, skin downwards, then, using a very thin strong-bladed sharp knife, cut into very thin slices one after another, as many as needed, running the knife down as far as rind; then run knife blade between rind and slice, following closely to the rind. Carefully cut the slices apart without breaking them.

To Cook the Bacon: Take a large frying pan, and set it over a hot moderate fire. Place under bottom of pan, opposite the handle, a piece of iron or a poker so as to tilt at an angle. Arrange the bacon slices in the heated pan and cook, turning slices over often until golden colored and crisp. The bacon dripping will run to the lower part of pan bottom, and, as this fat should never remain in contact with the cooking bacon for any length of time, remove it with a spoon as fast as it accumulates near the handle. Or, the bacon slices can be arranged on a hot greased broiler, then set in a rather hot oven over a dripping-pan and baked till brown-colored and crisp.

Recipes for Calf's Liver

Liver, whether of veal, lamb, mutton, chicken or goose, should always be fresh. Wash, then soak the liver a few minutes in boiling water to cover, to draw the blood. Drain and wipe perfectly dry between towels.

CALF'S LIVER AND BACON:

Cook thin slices of bacon in a hot frying pan until crisp and golden-colored, as done above. Remove the bacon and reserve hot. Soak in boiling water and wipe as many thin slices of liver as bacon, dredge with salt and pepper, and roll in flour, shaking off superfluous flour. Set the frying-pan holding the bacon dripping over a moderate fire. When hot put in the liver and cook 3 or 4 minutes on each side, turning over as needed, till evenly brown-colored. Serve bacon and liver, overlapping, and alternating, on a hot dish. Pour the fat out of the pan, add a teaspoon of vinegar, stir, give a bubble, then, using a flexible spatula, scrape pan, gather vinegar and meat glaze into one corner of pan, and pour it over the meat.

CALF'S LIVER À LA MAÎTRE D'HOTEL:

Slice liver $\frac{1}{4}$ inch thick, soak and wipe between towels. Turn this repeatedly in a little melted butter and let stand awhile. Encase each slice in an oiled sheet of paper. Arrange on a hot greased broiler over a hot clear fire and broil 4 minutes on each side. When done remove paper, arrange liver on hot serving dish, and dredge with salt and pepper. Spread over a Maître d'Hotel Butter. Garnish with parsley and lemon slice.

CALF'S LIVER AND ONIONS:

Cut 3 tender, white Bermuda onions in two lengthwise, then cut each half in two, lengthwise, and thinly slice crosswise. Melt 3 tablespoons butter over a slow fire. Add the onions, cook about 25 minutes or until tender and slightly amber-colored, occasionally stirring. Dredge over a little salt and pepper. Remove the onions

and reserve hot, piled in center of serving dish. To butter left in pan set over a moderate fire, add 2 tablespoons of bacon dripping. In this sauté 6 thin slices of calf's liver, prepared as in "Calf's Liver and Bacon," and finish cooking them as there directed. Arrange the liver around the onions.

CALF'S LIVER BROCHETTE:

Cut liver into pieces $1\frac{1}{4}$ inch square and $\frac{1}{4}$ inch thick. Soak and wipe between towels. Put in a bowl, add a tablespoon of melted butter, mix, and let stand awhile. Cut into same shape thin slices of lard-pork or bacon. Take as many skewers as there are persons to serve, and introduce pointed end of each skewer through the centers of alternate slices of salt pork and liver, using 5 or 6 slices of each for one skewer. Press solidly together, and roll in melted butter and in crumbs. Dispose these brochettes on a hot greased broiler over a hot clear fire and broil them about 8 minutes, or 2 minutes on each side. Arrange on buttered toast and pour over each one a little melted butter to which a few drops of lemon juice have been added.

CALF'S LIVER AU GRATIN:

Make a stuffing with the following ingredients: $\frac{3}{4}$ cup of grated lard-pork, 1 cup of crumbs soaked in White Stock, the liquor pressed out, and, thinly chopped, 2 tender shallots, 1 tablespoon of parsley, 1 teaspoon of chive, and a few mushrooms. Season as needed with salt, pepper, and thyme or mace. Arrange a layer of stuffing at bottom of a greased oven gratin dish, and place on it a layer of the prepared liver slices cut $\frac{1}{4}$ inch thick. Repeat layers until dish is full. Dredge over some buttered crumbs, and bake in moderate oven 45 to 55 minutes, according to thickness.

CALF'S LIVER À LA BOURGEOISE:

Soak as above a calf's liver, then wipe between towels. Insert a few rows of thick lardoons of salt pork. Sprinkle over a little salt and pepper, and roll in flour, shaking

off surplus. Cut a slice of lard-pork in large dice. Cook in a Dutch oven pot till browned, then remove the scraps and reserve them. Sauté the liver in the hot fat left in the pot until evenly browned, turning over as needed, then remove and reserve. Cook in the same fat in pot, until amber-colored, 12 small onions, adding as many small French carrots. Add the reserved lard-pork. Arrange the liver over it, adding 6 pepper-corns, 2 cloves, and 1 cup of hot Brown Stock or Consommé. If available, add a glass of white wine. Cover and cook over a slow fire 3 hours or until tender. Turn over once, and 30 minutes before done place the pot in a quick moderate oven and remove the lid, then baste every 8 minutes; turn over once so it may glaze evenly. Remove the liver to a hot serving dish, arrange the carrots and onions around it, and reserve hot. Strain liquor, free it of fat, and pour over liver. If more sauce is desired, add a little Brown Stock and thicken with a Brown Roux.

CALF'S LIVER CREPINETTES:

Press the liquor out of $\frac{2}{3}$ cup of crumbs soaked in White Stock. Cut into pieces 1 pound of calf's liver. Soak, drain, and wipe between towels. Force through the meat chopper with the addition of 6 ounces of fat and lean pork and $\frac{1}{2}$ cup of lean ham, skin removed. Mix thoroughly, adding salt and pepper as needed, crumbs, an egg-yolk, and, very thinly chopped, 1 tablespoon of parsley and 1 teaspoon of chive or $\frac{1}{2}$ teaspoon of onion juice. Divide into balls the size of an egg, flatten them into a rectangular shape, and wrap each one in a pork caul or in a thin slice of bacon fixed with skewers. Roll in melted butter and in crumbs. Broil on a hot greased broiler over a clear fire, not too hot, nearly 15 minutes, turning over often. Serve with Ravigote or Piquante Sauce.

Recipes for Calf's Heart, etc.

CALF'S HEART STUFFED:

Wash and soak a calf heart in cold water, and drain, carefully removing veins, arteries, and clotted blood. Wipe between towels. Stuff with a Bread Stuffing or a

Stuffing for Braised Veal, and sew. Insert on smoothest side a few lardoons of salt pork. Sprinkle with salt, pepper, and flour. Sauté in hot bacon drippings over a good fire until evenly browned, turning over as needed. Finish cooking the heart in about 2 hours as directed at "Calf's Liver à la Bourgeoise," omitting the carrots and wine. Make sauce same as directed in that recipe.

BROILED CALF'S HEART:

Soak heart in cold water to thoroughly remove clotted blood, and remove veins and arteries. Cut in slices $\frac{1}{2}$ inch thick. Roll in melted butter, seasoned with salt and pepper, then in crumbs. Broil as usual, over a hot clear fire, 3 or 4 minutes on each side, turning over as needed. Remove to hot serving dish. Spread over it a Maître d'Hotel Butter.

BEEF HEART STUFFED:

Soak heart in cold water, remove clotted blood, veins, and arteries, parboil 50 minutes in a simmering stock, then proceed as directed at "Calf's Heart Stuffed."

Recipes for Tripe

Raw tripe should first be soaked in a change of cold water, then carefully washed, and thoroughly scraped, to remove fat and inedible portions; then soaked 6 hours in a change of cold water, and drained. Boil 30 minutes; drain, wash, and rinse, then cut into long strips from 2 to 4 inches wide. Put the tripe in plenty of boiling water over the fire; simmer 6 or 7 hours, or until tender, adding a tablespoon of salt, 6 cloves inserted in an onion, and a kitchen bouquet. Cook until it is easily pierced with a carving fork. Drain, wash, and again drain. The best part of tripe, which is often broiled, sautéed, or served cold à la Vinaigrette, is the honeycomb piece.

The butcher very seldom furnishes tripe sufficiently blanched and it is always necessary to re-boil it until tender.

TRIPE À LA LYONNAISE:

Sauté three thinly sliced Bermuda onions, as directed at "Liver and Onions." Remove onions and reserve hot. To butter left in pan, set over a moderate fire, add a tablespoon of butter. When hot add 1 pound of tripe tender-boiled as directed above, cut into pieces $1\frac{1}{2}$ inches square, and wipe between towels. Cook these, tossing or turning them over as needed, until slightly amber-colored. Dredge over a little salt and pepper, add the onions, mix all together, and pile on a hot dish. Dredge over chopped parsley, and a few drops of lemon juice.

TRIPE IN CREAM:

Blanch a pound of tripe as above. Drain, wash, and rinse. Cut into strips 2 inches long and $\frac{1}{4}$ inch wide. Wipe perfectly dry. Turn into a hot White Sauce.

TRIPE SPANISH:

Blanch tripe as directed in the preceding recipe. Cut it into strips two inches long and a quarter of an inch wide. Turn them into a simmering Spanish Sauce.

BROILED TRIPE:

Blanch, till tender, honeycomb tripe. Drain, wash and drain again, and cut into strips 3 inches long and $1\frac{1}{3}$ inches wide; wipe. Roll these in melted butter seasoned with salt and pepper, then roll in crumbs. Arrange them on a hot greased broiler over a hot clear fire and broil to a rich golden color. Serve with any one of the following hot sauces: Tartar, Horse-radish, Bearnaise, Ravigote Sauce II, or a highly seasoned Tomato Sauce, etc.

FRIED TRIPE:

Blanch and cut into strips some honeycomb tripe as in preceding article; drain. Roll in crumbs, in beaten eggs seasoned with a little salt and pepper, and roll in crumbs again. Fry in hot, deep fat to a delicate golden color. Serve the same as Broiled Tripe.

Or, sauté the blanched tripe, breaded as above, over a slow moderate fire in a little melted butter to a nice golden color on both sides, and serve same as above.

Recipes for Oxtail, etc.

STEWED OXTAIL:

Order two oxtails separated at the joints. Reserve thin ends for soup stock. Wash and wipe meat. Melt 4 tablespoons of savory dripping in a Dutch oven pot over a slow fire. Add a sliced onion, cook till amber-colored, remove onion, and set the pot over a quick fire.

Turn in the oxtails and sauté them, tossing or stirring until evenly browned, then remove. With fat left in the pot, removed to a slow fire, and $\frac{1}{2}$ cup of pastry flour, make a Brown Roux. Dilute as usual with 5 cups of Brown Stock or water to which a teaspoon of meat extract has been added. Stir until smooth and boiling. If available include as a part of the liquid a glass of white wine, or, lacking this, add a teaspoon of Worcester Sauce or add remnant gravy of Roast Beef or Veal.

Add the oxtails at once, and (to be removed when done) a kitchen bouquet and an onion with 3 cloves inserted in it. When boiling again, remove pot, covered, to a very slow fire, after adding salt and pepper as needed. Cook 6 to 8 hours, or till tender, bubbling just at one point, occasionally skimming the grease rising to the top. Blanch as usual some cross slices of French carrots until tender. Drain. Add them to the stew just before serving, gently shaking pan to mix. The oxtail is done when meat is easily separated from the bone.

FRIED OXTAIL:

Wash and wipe oxtail, separated at the joints. Cook in a simmering stock until the meat easily separates from bone, or about 5 hours. Carefully drain, and cool on strainer. Wipe between towels. Roll in cracker meal and beaten egg to which 3 tablespoons of milk, $\frac{1}{2}$ teaspoon of salt, and a dash of pepper have been added; then roll in crumbs. Fry in hot deep fat to a delicate golden color. Serve with any one of following hot sauces: Tartar, Robert, Tomato, or Ravigote Sauce II.

BROILED OXTAIL:

Boil, drain, cool, and wipe oxtail as in preceding article. Roll in melted butter seasoned with a dash of salt and pepper, then roll in crumbs. Arrange on hot greased broiler over a moderately hot, clear fire, and broil them to a delicate golden color on both sides, turning over as needed. Serve with same sauces as in preceding recipe.

MUTTON TAIL BRAISED:

Wipe between towels, say 6 mutton tails. Parboil 10 minutes in boiling salted water, and drain. Wipe between towels. Separate the tail at the joints and divide into pieces 1 inch long, discarding the thin ends. Melt over a slow fire 3 tablespoons of savory dripping in a Dutch oven pot. Add a dozen or more small onions. Shaking pan, cook until amber-colored, adding as many balls scooped out of carrots. Remove vegetables, set pot over a brisk fire, add the tails, and toss or stir until evenly browned; then remove tails. Blend in the fat left in pot 5 tablespoons of flour. Carefully cook until browned. Dilute as usual with 1 pint of Brown or White Stock, beating constantly until smooth and boiling, and add the tails and the vegetables; when boiling again, remove to a slow fire, season as needed with salt and pepper, cover, and cook bubbling at one point until tender, occasionally skimming off fat that arises to the top.

PIG'S TAIL WITH SPLIT PEA PURÉE:

Pick over 1 cup of split peas, wash, and soak over night. Drain. Wash three pig's tails and wipe between towels. Put in a kettle 2 pints of cold water, add peas, bring to a boil, add pig's tails, and (to be removed when done) a kitchen bouquet and an onion with 2 cloves driven in. When boiling again, remove pot to a slow fire where it will cook bubbling only at one point till the peas and tails are tender. Ten minutes before they are done, add a teaspoon of salt and a dash of pepper. Remove tails, drain the peas, and rub them through a purée strainer, stir in purée a little butter and season as needed. Serve the tails on the purée.

Recipes for Beef Tongue, Boiled Beef and Calf's Tongue

Wash and soak a fresh beef or calf's tongue. Plunge it into salted boiling water to cover, add 2 cloves inserted in an onion and a kitchen bouquet. When boiling again, remove to a slow fire, simmer until tender—a calf's tongue, about 2 hours, a beef tongue, 3 hours. If a White Stock is cooking over the fire, cook the tongue in the stock. When done, lift out the tongue with a skimmer, immerse in cold water, then remove skin and root. Re-heat the tongue in its own liquor under the boiling point. To serve, slice and arrange the slices overlapping, pouring over any of the following hot sauces: Piquante, Tomato, Robert, Soubise, or a Raisin Sauce prepared as directed at "Pickled Veal Tongue, Raisin Sauce."

BOILED PICKLED VEAL TONGUE:

Soak a pickled veal tongue 1 hour, and drain. Put in a kettle, cover with cold water, and bring slowly to a boil, then remove to a slow fire to simmer slowly until tender, adding 2 cloves inserted in an onion, $\frac{1}{4}$ of a bay leaf, some sprigs of parsley, and a sprig of thyme. When done, lift out the tongue with a skimmer, and immerse in cold water. Remove skin and root. Return the tongue to its own hot liquor, and reserve until serving time.

Slice tongue, put the pieces back as they were before carving, and arrange the tongue over some cooked sauerkraut or cabbage.

PICKLED VEAL TONGUE, RAISIN SAUCE:

Reserve until needed, in its own hot liquor, a pickled veal tongue boiled as in preceding recipe, skin and roots removed. Slice tongue, replace the slices in tongue's former shape, and serve with the following sauce: To 1 cup of Brown Sauce add 3 tablespoons each of mild vinegar and currant jelly. Add a spice-bag holding a few sprigs of parsley, $\frac{1}{8}$ of a bay leaf, a clove driven into a shallot, and 6 pepper-corns. Stir until boiling. Add a handful of picked currants or seeded raisins, and when boiling again, remove to a slow fire to cook very

slowly, bubbling at one point, until sauce masks the spoon. Skim the fat off top and season to suit the taste. Remove spice-bag. Before serving beat in a few bits of butter.

BEEF TONGUE BRAISED:

Wash, soak and parboil a beef tongue 50 minutes, as directed at "Boiled Beef Tongue." Drain, immerse in cold water, remove skin and roots, and wipe between towels. Insert in tongue thin strips of salt pork. Sauté over a good fire in a Dutch oven, in hot melted savory dripping or butter until evenly browned. Turn over as needed. Lift out the tongue, arrange at bottom of pot a bed of thickly-sliced carrots and onions, and cook over a slower fire until amber-colored. Place the tongue over this, and dredge with salt and pepper, then add 1 cup of hot Stock or Consommé, or part white wine. Add 2 cloves, 6 pepper-corns, and a kitchen bouquet. Cover with greased paper, and cook in slow oven 3 to 4 hours or until tender, when it is easily pierced with a carving fork. Baste occasionally, and 30 minutes before done remove the paper and increase the heat of the oven, basting often and turning over once so it may glaze evenly.

Remove the tongue, sliced, to hot serving dish, the slices replaced in original shape of the tongue. Pour the sauce over it.

Sauce: Strain liquor, free it of fat, re-heat, and thicken as usual with a Brown Roux, or, add to liquor a cup of Brown Sauce and simmer until it masks the spoon.

CALF'S TONGUE BRAISED:

Take a veal tongue and parboil for 20 minutes, then proceed as directed in recipe. The veal tongue will be cooked tender in a shorter time than beef tongue.

TONGUE AU GRATIN:

Utilizing left-over cooked tongue, sliced, proceed as directed at "Calf's Liver au Gratin."

CALF'S TONGUE IN DAUBE:

Wash, soak and parboil a veal tongue 15 minutes. Immerse in cold water, remove skin and roots, and drain. Insert in lardoons of salt pork and cook until tender, as at "Beef Tongue Braised," placing the tongue over a layer of thin slices of lard-pork and ham. Add a dozen each of small onions and carrots. Serve and make sauce as directed at "Beef Tongue Braised," but when serving, arrange onions, carrots, and ham around the tongue.

BOILED, PICKLED, OR SMOKED TONGUE À LA PARISIENNE:

Soak tongue, put in a kettle, add cold water to cover, bring slowly to a boil, then remove to slow fire to simmer until tender. Drain, immerse in cold water, and remove skin and roots. Reserve the tongue in its own hot liquor until needed. Boil $1\frac{1}{3}$ cups of rice as usual; drain, and reserve hot. Pick, wash, and soak $1\frac{1}{3}$ cups of currants, and cook until soft in just enough water to cover; drain, and reserve hot. To $\frac{3}{4}$ cup of Brown Stock or Consommé add $\frac{2}{3}$ cup of sherry or part claret, $\frac{1}{2}$ cup of currant jelly, and 4 tablespoons of the cooked currants. Bring to a boil. Thicken to a creamy consistency with a little cornstarch diluted in a little water. Give a bubble. Reserve in a bath of hot water, and, before serving, beat in a few bits of butter.

To serve, using $\frac{2}{3}$ of the drained rice, arrange a layer of rice on a hot serving dish, and dress on it the sliced tongue, re-forming tongue into its original shape. Around the rice base arrange alternately the remaining rice and currants, packed, to shape them, in small mold. Mask the tongue with the sauce and send the remainder in a boat.

LAMB'S TONGUE BRAISED:

Soak 6 lamb's tongues 2 hours. Parboil 30 minutes as at "Boiled Beef Tongue." Drain. Immerse in cold water, and remove skin and roots. Arrange the tongue

on thin slices of salt pork and a sliced carrot and onion, and with it proceed as directed at "Beef Tongue Braised," cooking the tongue until easily pierced with a carving fork, and make sauce as there directed.

LAMB'S TONGUE MACEDOINE:

Cook as many lamb's tongues as there are persons to serve, as directed at "Lamb's Tongue Braised," and make the sauce as there directed. Cook $1\frac{1}{2}$ pounds of potatoes as directed at "Mashed Potatoes," and reserve hot. Prepare and sauté some Vegetables Macedoine in a little melted butter. Season as needed with a little salt and pepper. Pile the potatoes in center of a hot serving dish and dress the tongues around and on them, pointed ends of tongues downwards. Pile the vegetables in center, on top of all. Pour a few tablespoons of hot sauce over the vegetables, and send the remaining sauce in a boat.

LAMB'S TONGUE IN PAPILOTES:

Cut into pieces, 3 ounces of lean and fat cold boiled ham. Pound in a mortar and rub through a sieve, adding a few canned mushrooms and a tablespoon of chopped parsley, a teaspoon of chive; add a little butter.

Have ready 6 cold lamb's tongues cooked as directed at "Lamb's Tongue Braised," and with liquor, make sauce as there directed. Split each tongue lengthwise into halves, and spread the ham mixture between. Wrap in an envelope of buttered paper, arrange on a hot greased broiler over a slow clear fire, and broil 4 minutes on each side. Remove paper, and serve the tongue on a hot dish with the above sauce or a Tomato or Montebello Sauce.

BOILED LAMB'S TONGUE:

Soak tongues and cook until tender as at "Boiled Beef Tongue." Drain, immerse in cold water, and remove skin and roots. Re-heat them in their own liquor. Serve with a Tomato or Piquante Sauce.

LAMB'S TONGUE, ORANGE SAUCE:

Soak 4 hours 6 pickled lamb's tongues that have been 2 weeks in the brine. Blanch till tender as directed at "Boiled Pickled Veal Tongue," and remove skin and roots as there directed. Simmer for 5 minutes 3 table-spoons of mild vinegar to which $\frac{1}{4}$ cup of currant jelly has been added. Add 1 cup of Brown Sauce, stir until boiling, remove to a slow fire, and let bubble at one point 5 minutes. Split each tongue lengthwise into halves, and replace the tongue as before. Arrange in a pudding-dish with the trimmed sections of 1 or 2 sour oranges. Strain the sauce over it, and simmer a few minutes. Arrange the tongue over a socle of rice on a hot serving dish, and around it, near border, the sections of orange. Mask the tongue with a little sauce and send the remaining sauce in a boat.

Trotters (Mutton Feet) and Pigs' Feet

"Trotters" are nearly unknown in the United States except in the big hotels. As prepared in the following recipes they make two excellent entrée courses, and are a wholesome and healthy food.

TROTTERS À LA VINAIGRETTE:

Procure some trotters that have already been cleaned by the butcher, and wash in several waters and carefully clean. Blanch until tender in the same manner as at "Boiled Calf's Head." Cook each trotter about 5 hours or until the meat "gives" to the pressing finger. Using skimmer, lift out each trotter as soon as it is done. Split in two lengthwise, running knife through the cleft, and remove the woolly substance near this spot. Remove, also, the big bone. Re-heat, in their own liquor, drain, and serve very hot on a hot serving dish. Pour over a Vinaigrette Sauce and serve at once.

TROTTERS À LA POULETTE:

Prepare trotters, cook until tender, and split as directed at "Trotters à la Vinaigrette." Turn into a Poulette Sauce and shake pan to mix.

PIGS' FEET BROILED:

Split some cold blanched pigs' feet. Roll in a little melted butter seasoned with a little salt and pepper: then in fresh grated crumbs of stale bread. Arrange on a hot greased broiler, over a clear moderate fire. Turning over often, broil about 5 minutes on each side to a delicate golden color. Serve over a hot dish and spread on a Maître d'Hotel Butter.

Recipes for Calf's Head**BOILED CALF'S HEAD:**

Order a boned calf's head, having the bones, tongue, and brains sent with it. Carefully wipe meat, and scrape and clean the ears. Put the bones in a kettle, add cold water, more than to cover, 1 tablespoon of salt, and 3 of mild vinegar. Bring to a boil, skim off scum, simmer 2 hours, and add the boned calf's head, 1 onion with 2 cloves inserted in it, 2 carrots, a kitchen bouquet, 1 teaspoon of pepper-corns, and, if available, a glass of white wine. Cook, covered, slowly simmering until tender, about 2 hours, having the meat thoroughly covered with liquor. When done, using skimmer, lift out the meat, to use as directed in following recipes. Strain the liquor, free it of fat, and utilize it to re-heat the calf's head, or make a "Mock Turtle Soup," or to make the sauce of some of the following recipes.

The calf brains may be blanched 15 minutes in the stock or cooked separately as at "Boiled Calf's Brains."

When the tongue is directed to be boiled, boil it with the calf's head until tender; then, using skimmer, lift it out, immerse in cold water, and remove skin and roots. Re-heat tongue in its own liquor without boiling.

CALF'S HEAD À LA VINAIGRETTE:

Dress over a hot serving dish a hot calf's head and brains boiled above, and cut into even pieces. Dispose the ears, one at each end of dish. Arrange the other pieces overlapping, in crown shape. In center arrange the brains, each half-set of brains cut crosswise into thick pieces. Pour over the whole a Vinaigrette Sauce

or send sauce separately in a boat. Serve very hot, garnishing with parsley.

CALF'S HEAD EN TORTUE (Hot Entrée):

Cook the bones, the boned calf's head, the tongue, and the brains as directed at "Boiled Calf's Head."

Cut the meat-skin into even pieces about 2 or 3 inches square on skin side. Cut each brain crosswise into thick slices and slice the tongue. Having everything hot, dress one ear at each end of a large hot serving dish. Arrange the pieces of skin-meat, meat downwards, in crown shape around the dish. Arrange the brains in the open center space and the tongue slices around the dish border. Mask the whole with the sauce, arranging some poached Veal Quenelles and blanched mushroom buttons around the dish near border. Between the tongue slices around border, garnish with hot quartered hard-boiled eggs and sour pickle slices.

Sauce: Strain the calf's head liquor, free it of fat, and reduce 2 cups of this liquor to 1 cup. Add a cup of sherry, and a cup of Tomato Purée. With $3\frac{1}{2}$ table-spoons of butter and $\frac{1}{4}$ cup of flour make a White Roux, and dilute it with the above liquor, while beating constantly until smooth and boiling. Then remove to a slow fire and allow it to gently simmer 10 minutes, skimming as needed. Season to the taste with salt, a few grains of Cayenne, and $\frac{1}{3}$ teaspoon of Paprika. Add a dozen canned mushroom buttons and simmer 2 minutes.

CALF'S HEAD À LA POULETTE:

Leaving out the tongue, blanch a calf's head and brains and arrange hot and cut into pieces, over a hot dish in the same manner as in preceding article. Mask the whole with a Poulette Sauce made with the calf's head liquor freed of fat.

CHAPTER XIII

HOT ENTRÉES AND CHEESE DISHES

Preparation of Case Shells or Petits-Pâtés

A DAINTY case shell or patty case is made by frying a coating of thin batter that will adhere to a heated solid head case fryer.

Method: Dip the case fryer in deep, hot fat. When hot, lift and dip in the batter. The batter will not adhere if the case fryer is made too hot. As soon as the fryer is coated with the batter, dip it into hot deep fat and cook to a delicate amber color. Lift it out, shake it off, wipe, re-heat, and dip again into the batter, and repeat the same process. These patty cases can be kept in tins tightly covered until needed. To use, brush them slightly with a little oil and warm in a moderate oven one minute before filling them.

Batter: Take $1\frac{1}{3}$ cups of flour, 1 teaspoon of salt, 2 slightly beaten eggs, 1 cup of milk, 1 tablespoon of melted butter or oil. Sift the dry ingredients. Make a depression in center, and turn in the eggs; stirring, slowly add half of the milk; stir until smooth, and, still stirring, slowly add the remaining milk and the butter. If the shells are not crisp enough, add a little more milk.

Bouchées: Bouchées are small Patty Shells filled and served with same mixtures as Patty Shells.

Patty or Case Shell Filling: Hot Patty Shells or Case Shells prepared as above may be filled with any of the following hot mixtures: Oyster Filling for Patty Shell, Fish Stew for Garnishing, or Lobster or Crab Filling for Patty Shell, or Calf's Sweetbreads or Brains Filling à la Financière for Patty Shells; or, again, diced cooked meat re-heated in a Thick White Sauce II.

When the shells are filled, re-heat them one minute in the oven.

Filling for Ramequins: All the mixtures mentioned

above may be arranged in buttered ramequins. Straighten surface, dredge over some buttered crumbs, and bake until just delicately amber-colored. Nearly all the mixtures directed to be baked in gratin dishes may also be arranged and baked in a like manner in individual buttered ramequins.

QUAIL SCALLOPS IN CASE:

Cut left-over cooked quail into small even pieces, skin and bones removed. Re-heat in any of the following sauces, which should be thick, of a consistency nearly like that of Mayonnaise: Espagnole, Sherry, Mushroom, d'Uxelles or Perigueux Sauce. When hot fill the cases with the mixture. Utilize if possible the carcass to make the sauce.

FOWL OR GAME IN CASE:

Make in same manner as "Quail Scallops in Case."

HOMINY CROUSTADE:

Put 1 pint of water and a teaspoon of salt in the top pot of a double boiler. Bring to a boil, and stir in $\frac{3}{4}$ cup of grit hominy. Stir and boil a few minutes, then set the pot in the lower section of double boiler over the fire, cover, and cook about 2 hours, keeping the lower pot constantly half-full of boiling water. When done fill some wet ramequins with the hominy, straighten surface, and allow them to cool. Unmold, and with a pointed knife remove center at $\frac{1}{3}$ inch from outer edge and about 1 inch deep. The croustade should be about $1\frac{1}{2}$ inches thick. Re-heat them in a steamer.

BREAD CROUSTADE:

Cut a loaf of stale bread into slices 2 inches thick, neatly trimming off the crust. Or, to obtain circular croustade, slice in the same manner round bread to about 3 inches in diameter. Using a sharp-pointed knife, cut neatly through slices to at least 1 inch deep, going all around and keeping blade $\frac{1}{3}$ of an inch from edge. Remove center bread pulp as far down as inner cut.

Fry to a crisp, delicate golden color in hot deep fat; or roll in melted butter, then bake to a golden color.

BLANCHED MARROW:

Order a split marrow bone cut 3 inches long. Wash and wipe carefully. Wrap and tie in a cheese-cloth, and turn into boiling water to cover. When boiling again, add a teaspoon of salt, and simmer very slowly 50 minutes. Or, add it to a simmering White Stock and cook as above. Sliced, this is used to serve with broiled meat.

MARROW CROUSTADE:

Blanch marrow as above, and, while hot, spread it over some hot Bread Croustade. Dredge over a few grains of salt and Cayenne. Re-heat a minute in the oven.

CHOU PASTE FOR PUFF CASE:

| | |
|--------------------------------------|--|
| $\frac{3}{4}$ cup boiling water | $\frac{3}{4}$ cup or 3 ounces sifted flour |
| $\frac{1}{4}$ teaspoon salt | 3 or 4 eggs |
| 3 ounces or $\frac{3}{8}$ cup butter | |

With the above ingredients make a paste as directed at "Cream Puff Cake." With this paste make 10 or 12 oval balls. Arrange 2 inches apart in a buttered pan, and bake 30 minutes in a slow moderate oven.

CRACKERS AND CHEESE (Served with Green Salads):

Toast slightly some split crackers, then dip the opened side only into melted butter seasoned with a few grains of Paprika. Dredge buttered side thickly with grated cheese. Just a few minutes before serving, bake until the cheese is soft and creamy.

CHEESE STRAW (Served with Salad Course):

| | |
|-----------------------------|--------------------------------------|
| 1 cup sifted flour | $\frac{1}{3}$ cup grated Parmesan or |
| $\frac{1}{2}$ teaspoon salt | Edam cheese |
| A few grains Cayenne | 1 egg-yolk |
| | $\frac{1}{4}$ cup cold water |

Mix thoroughly the dry ingredients, then work in the egg-yolk and sufficient water to obtain a dough stiff

enough to work. Roll it out $\frac{1}{4}$ of an inch thick, cut into long, narrow, even strips $\frac{1}{3}$ of an inch wide and about 5 inches long. Twist each strip, and arrange in baking pan, pressing both ends into place so they will not shrink. Bake in moderate oven until crisp.

Or, using trimmings of puff or pie paste, roll out thin, dredge with grated cheese and a little Paprika; fold in two; dredge again with cheese and a few grains of Paprika. Repeat the same process, pat, roll out, and finish as above.

CHEESE SOUFFLÉ:

| | |
|------------------------------|---------------------------------|
| 4½ tablespoons melted butter | 1 cup finely grated Edam, |
| 5 tablespoons pastry flour | Parmesan, and Gruyère |
| A dash of Cayenne | cheese, mixed |
| ⅝ cup scalded milk | ⅓ teaspoon salt |
| | 5 slightly beaten egg-yolks |
| | 6 egg-whites, beaten very stiff |

This recipe will serve 6 persons.

Blend the flour and Cayenne in the hot butter, in a small saucepan over a moderate fire. Then, while beating constantly with an egg-beater, dilute gradually with the hot milk, adding the salt. Beat and cook until smooth and thick. Place over hot water, add the cheese, and beat half a minute. Remove from the hot water, add the egg-yolks, and beat until cooled. Thirty-two minutes before serving, beat the cheese mixture thoroughly, then carefully fold in the egg-whites. Pour in buttered soufflé dish. Bake in moderate oven 30 minutes. Serve at once.

POLENTA:

Have a scant pint of water, with a teaspoon of salt added, boiling in the top pot of a double boiler over the fire, and, while beating with a wire egg-beater, slowly dredge in $\frac{2}{3}$ cup of cornmeal. Stirring the bottom constantly with a wooden spatula, cook until the spoon will stand up in the thickened mixture; then put it in the lower pot of double boiler over the fire, having it half full of boiling water. Cover, and cook 50 minutes or until thick; then stir in $\frac{1}{4}$ cup of grated cheese, stirring until the cheese is melted. Arrange in a wet shallow

dish, in a layer nearly 1 inch thick, and set aside to cool. Cut into lozenges or squares. Sauté them to a golden color on both sides, in 1 tablespoon of hot oil in a frying-pan over the fire.

WELSH RAREBIT:

- | | | | |
|---------------|-----------------------------------|---------------|-------------------------|
| 1 | tablespoon butter | $\frac{1}{4}$ | teaspoon mustard powder |
| 1 | pound soft mild cheese, grated | | A few grains Cayenne |
| $\frac{1}{2}$ | teaspoon salt | $\frac{1}{2}$ | cup ale or lager beer |
| | | 1 | egg |

Beating the egg in a cup, add a teaspoon of the beer. Melt the butter in a saucepan or chafing dish over a moderate fire. Add the cheese and seasoning. Stir constantly until the cheese is entirely melted, and as it melts gradually add the rest of the beer, and then the egg mixture. The finished article should be smooth and creamy, and poured at once over hot toast arranged on a hot dish.

If beer or ale not available, substitute rich milk in melting the cheese.

RAREBIT À LA SUISSE:

To 6 ounces of eggs (weighed), take 2 ounces of grated Gruyère cheese, 1 ounce of butter, $\frac{1}{4}$ teaspoon of salt, and a few grains of Cayenne. Put all the ingredients in the top pot of a double boiler, and set in the lower section of the boiler, half-full of very hot but not boiling water. Stir constantly with a wooden spatula till smooth and thick. Serve at once, same as "Welsh Rarebit."

CHEESE FLAN À LA SUISSE:

Make a White Sauce with 2 tablespoons of butter, as much flour, a dash of Cayenne, a scant cup of milk, and $\frac{2}{3}$ teaspoon of salt. When bubbling remove from the fire, and, while stirring constantly with a wooden spoon, gradually add a few bits of butter, then 4 ounces of grated Gruyère and Parmesan cheese mixed, then 3 slightly-beaten egg-yolks. Season as needed with salt and pepper, and set aside to cool. Line a mocha tin with

Lining Paste; prick the bottom with carving fork; arrange in the cooled mixture, and bake in a rather hot moderate oven, about 25 minutes.

CAMEMBERT CROQUETTES:

Order a Camembert cheese not too ripe. Neatly scrape off the entire surface. Pound and rub through a sieve, and mix thoroughly with an equal amount of Thick White Sauce I. Roll and shape like a pigeon egg. Roll lightly in cracker meal, seasoned beaten egg, and in fine bread crumbs. Fry in hot, deep fat to a delicate amber color. Serve hot on folded napkin. Send in a boat separately a Bechamel Sauce.

CHAPTER XIV

STEAKS, FILLETS, AND SPECIAL BEEF DISHES

BEEFSTEAK—FILLET MIGNON—MOCK TENDERLOIN AND HAMBURG STEAK—BEEF A LA MODE—POT ROASTS—MEAT LOAF—CORNED BEEF—BEEF STEWS—LEFT-OVER BEEF.

BEEF is at its best when the animal is from four to five years old. Good beef is smooth, of a fine grain, and of a rather pale reddish color. It should have ample kidney suet, and the fat should be yellow-white and firm.

If the meat is frozen, slowly thaw it by placing it on a cold dish in a moderately cold place, and when thawed, wipe it dry and cook at once.

Methods of Cooking Beefsteak

The finest steaks are cut off the loin. The tenderloin or fillet is the best, but is also the most expensive. Sirloin comes next. The porterhouse steak is a cut that includes both fillet and sirloin. Then comes the top sirloin, and lastly the top round and the flank steaks.

The steak should be cut at least an inch thick. Trim into a good shape, removing excess fat and also the end pieces, which latter can be thinly chopped to make Hamburger steak. Use the fat trimming to grease the hot broiler, or try out this fat for use in frying or in shortening. When the steak is too thick, or tough and stringy, pound it with a cleaver blade.

BROILED STEAK À LA MAÎTRE D'HOTEL:

Wipe meat and prepare the steak as above. Roll in a little oil or melted butter and let stand 10 to 20 minutes. Place over a hot greased broiler under a clear, red-hot gas fire or over a clear, red-hot bed of coal. Keep the steak close to the heat source, turning over every 10 or 12 seconds the first minute of cooking or until the

meat is seared, to prevent the escape of the inner juice; then very gradually draw the broiler a little away from the fire, turning over as needed and as it browns. Broil inch-thick steak 6 minutes for rare, and 8 minutes for medium done. A steak $1\frac{1}{2}$ inches thick requires 8 minutes for rare, and 10 minutes for medium done. As soon as steak is done, dredge over salt and pepper, and place on center of hot serving-dish, garnish with parsley or watercress and quartered lemon, and serve at once, spreading over steak a Maître d'Hotel Butter. The heat of the steak will melt the butter, so that the parsley will retain its green appearance.

PAN-BROILED STEAK:

Roll steak in a little oil and let stand 20 minutes. Proceed as directed at "Panned Steaks and Chops," allowing the same time for cooking as for "Broiled Steak à la Maître d'Hotel."

BROILED STEAK À LA BERCY:

Chop fine a tablespoon of parsley, a tender shallot and a slice of garlic. Rub one ounce of butter until creamy. Stirring, add the chopped ingredients, a few drops of lemon juice, a few grains of salt, and a very little pepper. Spread this sauce over a steak broiled as directed above and just removed from fire, and season with salt and pepper.

Potatoes Served with Broiled Steak: Hot potatoes are served with Broiled Steak, as follows: Saratoga Chips, French Fried, Paille, Minced, Lyonnaise, or Puffed Potato I.

Sauces Served with Broiled Steak: Any of the following sauces may be served with Broiled Steak: Bearnaise, Montebello, Mushroom, Sherry, Creole, Poivrade, or Victor Hugo Sauce.

BROILED STEAK À LA BORDELAISE:

Serve a Broiled Steak on a hot serving-dish over a Bordelaise Sauce. Arrange over steak a slice of Blanched

Marrow that has stood about 2 minutes in a hot Bordelaise Sauce, then baked in the oven until glazed.

BROILED STEAK WITH ONIONS:

Cook some onions as directed at "Onions Sauted," and arrange around a Broiled Steak on a hot dish.

BROILED STEAK ANCHOVY BUTTER:

Broil some tenderloin steak as directed above. When done dredge over a little salt and pepper, and spread over some Anchovy Butter. Garnish with watercress and slices of lemon.

TENDERLOIN STEAK CHATEAUBRIAND:

Order a tenderloin steak two inches thick after it is flattened with a cleaver blade. Trim into shape and remove superfluous fat. Roll in a little melted butter and let stand 20 minutes, then broil as directed at "Broiled Steak." Remove the fillet to a hot serving-dish, dredge over a little salt and pepper, pour over a Chateaubriand Sauce, and send separately some Chateaubriand Potatoes.

SAUTED FILLET MIGNON OF BEEF WITH MARROW:

Take a cut from the end of a beef fillet, and cross slice about $\frac{3}{4}$ of an inch thick. Flatten each slice a little with the cleaver and trim to a round shape, and roll in a little melted clarified butter or part oil. Heat a frying-pan over a good fire, put in a tablespoon of clarified melted butter, and sauté the fillet in the hot fat till browned, turning over often, then remove pan to a slower fire. Finish cooking in from 5 to 6 minutes. Remove steak, and dredge over salt and pepper. To pan set over a slow fire, add a cup of Brown Sauce. Stir until bubbling. Simmer 2 minutes, skim off the fat, add some slices of blanched marrow, one for each slice, simmer 1 minute, arrange on each a slice of marrow, and pour sauce around.

Make the Brown Sauce by adding a little butter to pan in which the fillets have been cooked, and with this hot fat in pan make sauce as usual.

Different Ways to Serve Sauted Fillet Mignon:

Leaving out the marrow, proceed as above, substituting for the Brown Sauce a Mushroom or Sherry Sauce. Or, serve with a Bearnaise or Montebello Sauce. Or, proceed with the fillet as directed at any of the following recipes: "Lamb's Noisette à la Parisienne," "Lamb's Noisette Montebello," "Lamb's Noisette Bonne Bouche," "Lamb's Noisette Sully," "Lamb's Noisette Rossini," "Lamb's Noisette à la Mousselet," or "Mutton Noisette à la Polonaise."

MOCK TENDERLOIN PORTUGAISE:

Flatten to $\frac{3}{4}$ of an inch in thickness some slices taken from a top sirloin or cross cut of rump steak; trim, say 6 slices to a round shape, or 1 for each service. Set over a moderate fire a selected sautoir or frying-pan with a thick bottom. Add a teaspoon of oil and a tablespoon of butter, and when hot add a few slices of onion and simmer till amber-colored, turning over. Remove onion, and dredge over steaks a little salt and black pepper and flour. Sauté these in the hot fat left in pan removed to a quicker fire, turning over as needed until browned. Take out the steaks. To pan removed to a slow fire, add 3 tablespoons of butter and 5 tablespoons of flour and make a Brown Roux. Dilute as usual with a pint of liquid, either Consommé, White or Brown Stock, water with two or three Bouillon Cules added, or a remnant Gravy of Roast Beef or Veal. If desired, add 2 tablespoons of Meat Glaze or Sauterne or sherry. Beat constantly till boiling and smooth. Put in the steak, and when boiling is resumed remove pan to a slow fire where it will bubble at just one point, covered, until tender, from 1 to 2 hours. Skim off scum and fat as necessary, and if needed, occasionally add boiling liquid to replace evaporation, so that sauce will mask a spoon. Before serving season to taste. Remove steaks to hot serving-dish, and strain sauce over them. Arrange around dish border, one for each service, Stuffed Tomato I, II or III.

MOCK TENDERLOIN STEAK WITH MUSH-ROOM SAUCE:

Same as preceding recipe, adding some canned mushrooms to the simmering steak, 10 minutes before done. If available, also add a little sherry.

MOCK TENDERLOIN WITH STUFFED OLIVES:

One minute before the steaks are done, add to either of the two preceding recipes some olives poached as directed at "Stuffed Olives."

MOCK TENDERLOIN ROSSINI:

Cook the steak in the same manner as "Mock Tenderloin Portugaise," sauteing with the steak, in the frying-pan, 6 chicken livers until they are browned. Remove livers and reserve them to put in the sauce 2 minutes before the steaks are done. Serve as directed, placing on each steak a chicken liver.

HAMBURG STEAK:

Chop very thinly some top round of beef, both fat and lean, all skin removed. If desired, add to each pound of meat $1\frac{1}{2}$ tablespoons of bread crumbs soaked in the blood that has run out of steak, or in water, then pressing water out. By chopping the meat, the juice will find more outlet, and the crumbs will absorb a certain amount of the juice that otherwise would escape, and thus the broiled article will be more moist.

Hamburg steak is broiled exactly in the same manner as "Broiled Steak." Season when done with salt and pepper, and, as the surface has to be seared even quicker than steak, it is best to shape them flat round and rather less than $\frac{1}{2}$ inch thick, so that, when broiling over a hot, clear fire, the heat may penetrate the center quickly as they are done when browned and puffy. If allowed to broil a longer time, they will contract and become hard and dry.

To shape Hamburg Steak, divide the meat into balls

the size of a small egg, and flatten them to $\frac{1}{2}$ inch thick or less. Failing hot red coals or hot gas broiler, proceed as directed at "Panned Steak or Chop."

BEEF FILLET BRAISED:

Order a 4-pound fillet cut from thickest part of a loin of beef. Remove skin and most of the fat. Insert over top, in rows, numerous thin lardoons of larding-pork. Tie firmly in shape with twine. Heat the braising pot over a brisk fire, add a tablespoon of clarified butter and oil, and sauté the fillet until evenly browned on all sides, turning over as needed. Remove the pot to a slower fire, and lift out the fillet. Arrange at bottom of pan a layer of lard-pork trimmings, slices of carrots and onions, and cook until slightly amber-colored. Arrange the fillet over this, dredge with salt and pepper, add 1 or 2 tablespoons of brandy or Madeira wine or, leaving out these liquors, add 2 cloves and a few pepper-corns. Cover with greased paper, and bake in a slow moderate oven until tender, or from 2 to 3 hours. Baste occasionally with liquor in pan and turn over as needed.

Remove the fillet freed of twine to a hot serving-dish, and reserve hot. Add to liquor in pan $1\frac{1}{2}$ cups Espagnole or Brown Sauce, stir and simmer a few minutes, strain it into a small saucepan, re-heat, and simmer 2 minutes, skimming off the fat on top. Add to the sauce some canned mushroom buttons cut in two, lengthwise, then simmer 2 minutes longer. Send the sauce in a boat, and arrange around the fillet some Stuffed Tomato III or some hollow Potatoes Duchesse filled with asparagus tips as directed at "Fillet of Sole à la Duchesse," and some Sweetbreads au Jus Glazed; then garnish with truffle slices.

ROLLED STUFFED FLANK STEAK:

Remove skins and superfluous fat of a flank steak. Roll in a little melted butter or oil, and let stand a while. Sauté the fillet in a little hot oil or clarified dripping in a heated frying-pan until evenly browned, turning over

as needed. Remove steak and dredge over a little salt and pepper. Spread over it a Bread Stuffing or a stuffing made as directed at "Stuffed Breast of Veal." Roll as "Roly Poly" and tie firmly with twine in a good shape. Arrange in a Dutch oven over a bed of salt-pork trimmings, sliced carrots, and onions previously cooked until amber-colored. Add 2 cloves, a few pepper-corns, a kitchen bouquet, 1 cup of boiling White or Brown Stock, and a teaspoon of meat extract. Cover with greased paper, and cook in slow oven 2 or 3 hours, until tender, basting occasionally. Turn over once. For the last 30 minutes remove paper; and to glaze it accelerate the fire a little, and baste every 6 minutes with liquor in pan, turning over once. With strained liquor freed of fat make a Brown Sauce.

ROLLED FILLET OF BEEF:

Take say 6 long slices of fillet of beef or cut across middle rump, $\frac{1}{2}$ inch thick. Roll in melted butter, and let stand a while. Using a Stuffing made as directed at "Breast of Veal Stuffed," proceed as in article above, except that the meat, being a better cut, will be done in a shorter time. If fillet has been used it will be done in about 30 minutes and therefore will require a rather moderately hot oven. Baste often with liquor in pot. Make sauce as directed and before serving beat in an ounce of Anchovy Butter. Consommé should be used as the liquid, and before adding it add, if available, a little Sauterne and reduce to a glaze.

BEEF À LA MODE:

Order 3 or 4 pounds of beef cut from top sirloin or top round, as these are very juicy. Insert in meat through its entire thickness some thick lardoons of salt pork, and tie with twine firmly into a good round shape. Season with salt and pepper and dredge with flour. Put a Dutch oven pot over a brisk fire. Add 2 tablespoons of clarified butter, or half butter and half oil, or, a slice of lard-pork cut into dice, then try out fat and remove scraps. When hot, sauté the beef in the hot fat till

evenly browned on all sides, turning over as needed. Remove pot to a slow fire, lift the beef, set at bottom the trimmings of lard-pork with a carrot and an onion thickly sliced. Cook these till amber-colored, then set over them the beef, add a split calf's foot cut into pieces, and, if available, a glass of white wine. Cook until reduced nearly dry, and add $\frac{3}{4}$ pint of boiling hot White or Brown Stock; then add salt as needed, a kitchen bouquet, 2 cloves, and a few pepper-corns; tightly cover and let cook just under the boiling point till tender, or 5 or 6 hours.

About 4 hours before meat is done, add a dozen young red French carrots and 2 small onions. When done remove the meat, free of twine, to a hot serving-dish, arrange around it the carrot, onion, and calf's foot, thoroughly drained. Strain the liquor, free it of fat, and send it in a boat. If the calf's foot has not been used, the sauce should then be thickened as a Brown Sauce, and the beef thus cooked with calf's foot, allowed to cool in its own sauce, is as good cold as hot, and the sauce cooled will jelly.

Hints About Pot-Roasts

Pot-roasted meats always have vinegar added; therefore, the meat should be first sauted in a frying-pan until seared, then removed to an earthen pot or to a porcelain-lined pot with a thick bottom, as vinegar attacks metals. The pot should be of a size adapted to the bulk of meat.

SOUR BEEF POT-ROAST:

Order 3 or 4 pounds of lower round of beef, for pot-roast, and have the butcher insert through entire thickness of meat, parallel to the grain, thick lardoons of larding-pork. Tie it firmly into shape with twine. Wipe and marinate 24 hours in a cold place in an earthen bowl with $\frac{3}{4}$ cup of mild vinegar, $1\frac{1}{2}$ teaspoons of salt, 2 cloves, a few crushed pepper-corns and a sliced carrot and onion. Turn over and baste occasionally with the marinate. Drain and wipe meat, and cook as directed at "Braising of Meat," adding the marinate as a part of the liquid. When done, remove meat and strain liquor

in pot. Thicken liquor, free of fat, with a Brown Roux, or, if more sauce is desired, add liquor to a cup of Brown Sauce and simmer until it masks the spoon.

As the mixture is very acid, it should be cooked in a porcelain lined or earthen pot.

BOILED BEEF:

Beef used for boiling is usually cut from the brisket or lower round of beef when lean meat is desired, although thin and thick flank or short ribs may be used. With the beef, order a small piece of shin or neck of beef and a small piece of liver, and with a kitchen bouquet, 3 cloves inserted in an onion, and 2 carrots, proceed as directed at "Pot au Feu." The finished article will be a juicy piece of boiled meat with a good broth. To each pint of liquid, use $\frac{2}{3}$ teaspoon of salt.

Or, add the meat to a boiling White Stock and allow it to simmer until tender. Serve on a hot serving dish, and send separately either a Horse-radish, Tomato, or Spanish Sauce, or, some seasoned horse-radish.

BAKED SHORT RIBS OF BEEF WITH BROWN POTATOES:

When buying prime beef from the butcher, he charges so much a pound and includes in the weight the short ribs, which he usually cuts off, also the trimmings, and sends these with the beef. These short ribs are too tough and stringy to roast, but they may be simmered for an hour with the trimmings added, as directed in preceding article. Lift them out with a skimmer, and dredge over salt and pepper, arrange in a dripping pan, spread over top a little savory dripping of roast beef, add 1 tablespoon of the short ribs liquor and 2 cloves inserted in a small onion, then bake in a rather moderate hot oven until browned and nearly tender, basting occasionally with liquor in pan. Add some small-sized peeled potatoes, parboiled 8 minutes, dredge over these a little salt, and bake until meat and potatoes are tender and potatoes browned and crisp, occasionally stirring the potatoes.

Remove the ribs and arrange them on a hot serving-dish surrounded with potatoes. Reserve hot on top of stove. To liquor in pan set over the fire, add a cup of short ribs' liquor. Bring it to a boil while scraping bottom of pan. Strain, free it of fat, re-heat, and thicken to a table cream consistency with a little cornstarch diluted in a little cold water, or with a Brown Roux.

MEAT LOAF:

Chop say $1\frac{1}{2}$ pounds of round of beef, fine. Season with $\frac{2}{3}$ teaspoon of salt, $\frac{1}{5}$ teaspoon of black pepper, a dash of thyme, and add a very thinly chopped shallot, a slightly beaten egg, and, if desired, $1\frac{1}{2}$ tablespoons of bread crumbs soaked in water, liquor pressed out. Arrange the thoroughly mixed preparation into a greased bread tin and bake about 50 minutes in a hot oven, reducing the oven heat as soon as the loaf is browned. Invert on a hot dish. Send separately a rich Brown or Spanish Sauce.

A good meat loaf may be obtained by using in equal proportions lean beef, veal and pork.

HOW TO CORN BEEF AND PICKLE TONGUE:

Scald a keg and dry it exposed to the sun; then reserve it in a cold, dry place.

The beef utilized to make corned beef is cut from the brisket, thin and thick flank, short ribs, and lower round. Arrange the pieces, chilled, but not frozen, in keg, pour over the following cold brine, and set over top a dish cover with a weight on top to keep the meat immersed. Let stand covered 2 weeks in brine in a cold place before using it.

Brine: Put in an enameled kettle 2 gallons of water. Add from 2 to $2\frac{2}{3}$ ounces of crystallized saltpeter, and bring to a boil, stirring until dissolved. Add $3\frac{1}{2}$ pounds of salt and $\frac{2}{3}$ cup of molasses or brown sugar; stirring, bring it to a boil, simmer 10 minutes, and skim, then let it thoroughly cool. This brine will keep a month or longer, but if tongue or pork are to be pickled, they

should be pickled separately, else the brine will not keep long enough.

BOILED CORN BEEF, HOT:

Wash the corned beef and wipe. Tie it firmly into shape with strings. Put in a kettle with cold water enough to cover, and bring slowly to a boil. Boil a few minutes, skimming off the scum, then allow it to cook covered, very slowly simmering till the meat is tender, or about 5 or 6 hours. Let the beef remain in its own liquor under the boiling point until serving time. Using a skimmer, lift out, hot, and serve on a hot dish.

CORNERD BEEF, COLD:

Drain the corned beef nearly cooled in its own liquor, arrange the meat freed of bones and skin in an enameled bread pan, alternating lean meat with fat; set over it an enameled bread pan filled with cold water, and set in a cold place until next morning.

CORNERD BEEF AND CABBAGE:

Prepare and soak a quartered cabbage as directed at "Preparation of Cabbage." Cook some corned beef until tender as directed at "Boiled Corned Beef." Lift out with a skimmer, place in a smaller vessel, and add enough of the hot corned beef liquor to cover. Reserve hot until serving time. Turn the cabbage into the kettle, over the fire, in the boiling corned beef liquor, and boil until tender, from 40 to 50 minutes.

To serve drain the corned beef and cabbage thoroughly, and arrange sliced corned beef over cabbage on a hot dish.

NEW ENGLAND BOILED DINNER:

Prepare as directed for "Corned Beef and Cabbage," cooking the corned beef until tender. Two hours before meat is done, add 6 French red carrots and as many middle-sized onions, and 40 minutes before done, add 6 middle-sized turnips. When both meat and vegetables are

tender, lift out with a skimmer, place in a smaller vessel, add enough hot corn beef liquor to cover, and reserve hot until needed.

Prepare, soak and drain a cabbage, and boil until tender in the boiling corned beef liquor in kettle over the fire. Drain meat and vegetables. Arrange the cabbage on a hot serving-dish, and over it the sliced corned beef, re-forming it as it was before carving, and place the vegetables around it. Boiled potatoes and beets are often added.

DRIED BEEF IN CREAM:

Pour boiling water to cover on some very thinly sliced dried beef, skin removed. Let stand for a minute, then drain, and wipe between towels. Melt 2 tablespoons of butter over a slow moderate fire and in the butter sauté the slices of dried beef 1 minute on each side, while turning over often. Remove and reserve slices.

Serve with a White or Cream Sauce from which the salt has been omitted, using the butter left in pan to make the sauce. Add beef to sauce and shake pan to mix.

BEEF STEW:

Cut into cubes of about $1\frac{1}{2}$ inches say 2 pounds of lower round of beef. Try out in a Dutch oven pot the round beef fat cut into thin strips; remove scraps. Or, use 2 or 3 tablespoons of clarified dripping, set the pot over a brisk fire, and sauté the meat in the hot fat until evenly browned. Stir or toss as needed. Remove the meat and reserve it. With $\frac{1}{3}$ cup of pastry flour and the fat left in pot removed to a slow fire, make a Brown Roux. Dilute with $\frac{4}{5}$ quart of White or Brown Stock or water added to remnant gravy of roast beef or veal, beating constantly until smooth and boiling, then add the meat. When boiling again, remove to a slow fire where it will slowly simmer, covered, until tender, adding salt as needed, $\frac{1}{4}$ teaspoon of black pepper, and, to be removed before serving, a kitchen bouquet, and 3 cloves inserted in an onion.

Using tender vegetables, add also 6 small onions and as many red French carrots. Before serving skim off the fat on top, then correct seasoning to suit taste, add some scooped potato balls that have been steamed or boiled until just tender, and shake pan to mix.

HUNGARIAN GOULASH:

Proceed as directed at "Beef Stew," only cut the meat into pieces $1\frac{1}{2}$ inches long and 1 inch square, substitute for black pepper a teaspoon of Paprika, and add to stew a chopped green pepper, seeds removed. Use the same vegetables as above, leaving out the carrots.

BEEF BLANQUETTE:

Using lower round or shoulder of beef, cut into pieces, and proceed as directed at "Irish Lamb Stew."

BEEF STEW AND DUMPLINGS:

Sift all together in a bowl $1\frac{1}{2}$ cups of flour, $\frac{1}{3}$ teaspoon of salt, and 3 level teaspoons of baking powder: then, using tips of finger, work in a bit of butter the size of a hazel nut. Stirring the mixture with a table knife, slowly add about $\frac{1}{2}$ cup of milk to obtain a dough stiff enough to roll out $\frac{1}{2}$ inch thick on a slightly floured board. Shape with floured biscuit cutter.

Prepare and cook any one of the above Beef Stews. Fifteen minutes before the stew is done, skim off the fat on top. Arrange the dumplings on top of stew, separated from each other to allow them to swell. Tightly cover, and finish cooking the stew. If there are more dumplings to cook, arrange them on a buttered perforated tin, and steam 15 minutes in a steamer, covered. When the dumplings are to be dropped from a tablespoon into the stew, use more milk or less flour.

Left-over Beef

MEAT PAIN:

Made of meat that has been used to make Stock, Consommé, etc.

Carefully pick over the meat, removing bones, skin, and gristle, taking special care to remove any bits of bones. Cut the meat into large pieces or into dice. Season as needed with salt and rather highly with black pepper, onion juice, and celery salt. Add a few capers, if desired; also, cut in same shape as meat, the vegetables that have been cooked in the stock. Arrange the mixture in a bread pan. Melt some jellying stock or Consommé and pour enough over meat to cover. Lacking this stock, heat some White Stock, enough to cover meat, and dissolve in it sufficient soaked granulated gelatine to jelly it, and pour over meat. Set aside in a cold place until firm.

Sliced, Meat Pain may be served with any of the cold following sauces: Vinaigrette, Tartar, or Mayonnaise.

HOT MEAT TIMBALE:

Made with remnant meat and vegetables that have been used to make stock.

Rub through a sieve say $1\frac{1}{2}$ cups of meat, picked over as in preceding article, and $\frac{1}{2}$ cup of carrots, onions, and celery stalks used in stock. Add this pulp to 1 cup of Velouté Sauce. Stir in two slightly-beaten egg-yolks, adding a few drops of Worcester Sauce. Season as needed with salt, pepper, and celery salt, and let stand until cold. Beat two egg-whites to a firm froth, and fold in first mixture. Arrange this in a buttered quart timbale mold. Cover with greased paper and poach in a slow, moderate oven about 40 minutes or until firm. Unmold as usual on a hot dish. Send in a boat separately any of the following hot sauces: Caper, Piquante, Horseradish, Ravigote, or a Tomato-Brown Sauce.

To Re-heat Roasted or Braised Beef Left-over

Slice remnant roast or braised beef, removing hard portions and skins. Re-heat the slices without boiling, in their own sauce, made as follows: When making the gravy for roasted meats by the first method in recipe, "Gravy for Roasts," add to the dripping pan a cup of water, boil the liquor, strain, and skim off the fat on top; when skimming this fat, take also a certain amount

of the roast liquor. When cooled, this will allow the easy removal of the cake of fat formed on top, leaving the liquor, which strain. To this add the remnant gravy of served meat. Bring it to a boil, thicken to a cream consistency with a little cornstarch diluted in a little cold water or with a Brown Roux; season as needed with a little salt and a few grains of pepper, pour boiling hot over the beef slices arranged in a shallow dish, cover, set over a slow fire without allowing it to boil, and let stand 3 minutes.

Sauces Used to Re-heat Boiled Beef Left-over: Thinly slice left-over boiled beef, removing gristle, bones, skin, and superfluous fat. Arrange the slices in a shallow dish, and pour over them any one of the following sauces, boiling hot: Piquante, Robert, Tomato, Spanish, Poivrade, or Poulette Sauce. Let stand, covered, 4 minutes without boiling, over a slow fire.

BEEF CROQUETTES:

Cut into small dice remnant boiled meat, removing fat, skin, and gristle, to obtain $1\frac{1}{2}$ to $1\frac{2}{3}$ cups. Simmer this over a slow fire in a little melted butter until all the butter is absorbed. Mix in a Thick White Sauce I, season as needed with a little salt and rather highly with pepper, adding a small dash of mace or powdered thyme and a little onion juice. Turn onto a buttered dish and cool.

Divide it into balls the size of an egg. Flatten into cutlet shape, roll in cracker meal, beaten egg, and in crumbs, and fry in hot, deep fat to a crisp golden color. Serve over any of the following hot sauces: Tomato, Piquante, Poivrade, or Robert Sauce.

BEEF MIROTON:

Thinly slice left-over boiled meat, removing fat, skin, and gristle. Very thinly slice 2 onions, and simmer over a slow fire in 3 tablespoons of melted butter until slightly amber-colored. Remove onions. Blend in the fat left in pan 4 tablespoons of flour, cook until golden brown, and, while stirring, slowly add $1\frac{2}{3}$ cups of White or Brown Stock. Add if available a little remnant gravy of

roast, 2 tablespoons white wine (lacking wine, a little Worcester Sauce), and a tablespoon of Tomato Purée or paste, beating constantly until smooth and boiling. Add the onions, 1 tablespoon of vinegar, simmer until the onions are tender, and skim. Correct seasoning to suit the taste and re-heat the meat in this sauce, adding a few capers.

BEEF CHILI CON CARNE WITH RICE:

Cut into dice $\frac{1}{2}$ inch thick about a pound of left-over cooked beef, skin, fat, and gristle removed. Melt over a slow fire 3 tablespoons of butter or dripping. Add a thinly chopped onion, simmer a few minutes, blend in 3 tablespoons of flour; then, constantly stirring with a wooden spatula, add very slowly $1\frac{1}{2}$ cups of White Stock, $\frac{2}{3}$ cup of Tomato Purée, a teaspoon of Eagle Chili Powder, and $\frac{1}{2}$ teaspoon of salt. Stir until smooth and boiling. Add the meat, remove to a slow fire, and simmer until onions and meat are tender, then skim off fat on top, and season as needed with salt. Pile on center of a hot dish, and arrange around it a border of boiled rice.

BEEF À LA POLONAISE:

Cut some remnant beef into thin slices. Remove fat, skin, and gristle. Thinly slice as usual 4 tender onions. Simmer these in 3 tablespoons of melted butter until slightly amber-colored. Remove the onions. Blend in the fat left in pan over the fire $2\frac{1}{2}$ tablespoons of flour. Stir and cook until golden brown, and, while stirring with a wooden spatula, add a cup of Brown Stock; or include, as part of the liquid, $\frac{1}{4}$ cup of sherry (lacking wine, add a few drops of Worcester Sauce). Season with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{5}$ teaspoon of black pepper. Stir with a wooden spoon until smooth and boiling, and add onions; when boiling again, remove to a slow fire and simmer until onions are tender. Skim off fat, and strain.

Butter a glass oven gratin dish, arrange at bottom a layer of onions, over it arrange the beef, spread remaining onions over top, pour sauce over the whole,

dredge with buttered crumbs, and bake until amber-colored.

BEEF AU GRATIN WITH LEFT-OVER:

Slice left-over boiled meat as directed at "Beef Polonaise," and proceed with it as at "Calf's Liver au Gratin."

BEEF EN PERSILLADE:

Cut into thin slices some remnant boiled meat, removing skin, fat, and gristle. Melt over a slow moderate fire 2 tablespoons of butter, put in the beef, and re-heat, turning over as needed. Remove the beef to a hot serving-dish, and dredge over, thinly chopped, a tablespoon of parsley and a teaspoon of chive. To butter left in pan add 2 or 3 tablespoons of mild vinegar. Let it bubble a minute, then scrape pan, and pour sauce over meat.

BEEF STEW WITH LEFT-OVER:

Take about 2 cups of remnant beefsteak, or roasted or braised meat, and cut into pieces an inch thick, removing skin, dry portions, and gristle. Parboil for 15 minutes 6 small onions and a dozen balls scooped out of young red carrots, drain and wipe between towels. Simmer these in 2 tablespoons of melted Savory Dripping or butter until slightly amber-colored. Remove the vegetables and reserve. Add to fat left in pan enough fat to blend in $\frac{1}{3}$ cup of flour and with it make a Brown Roux, and while beating constantly, dilute it with $2\frac{1}{4}$ cups of Brown or White Stock, or water with a couple of Bouillon Cubes added, or to remnant gravy of roast beef or veal. Season as needed with salt and pepper. Add a diced bell-pepper, the reserved vegetables and a kitchen bouquet that includes 2 cloves. Remove to a slow fire to simmer 50 minutes, then add the meat and finish cooking slowly until the meat and vegetables are tender. Skim off the fat on top, and remove bouquet. Add to stew, if desired, some boiled or steamed scooped-out potato balls, also left-over green peas, or boiled string-beans cut into lozenges. Shake pan to mix. Let stand a

few minutes, pile on a hot dish, and dredge over with chopped parsley.

BEEFSTEAK PIE WITH LEFT-OVER:

Make, with remnant steak cut into pieces 1 inch thick and 3 inches long, a "Beef Stew with Left-over," as directed above. Leave out the carrots, string-beans, and green peas, and add to stew $\frac{1}{2}$ teaspoon of Worcester Sauce and a tablespoon of chopped parsley, remove bouquet, and skim fat off the top. Arrange a layer of the stew in a buttered pudding dish, and over this a layer of fried ham, and poached or fried eggs left over from breakfast; lacking these, use thin scallops of boiled ham and hard-boiled eggs cut into quarters. Repeat layers and partly cool. Arrange on top a cover of pastry, make in center an incision for evaporation, and bake in a hot oven about 20 minutes.

BEEF HASH:

Thinly chop 2 shallots. Melt a tablespoon of butter in a very small saucepan over a slow fire. Add the shallot, cook 5 minutes, and add it to the following ingredients: Cut into very small dice say 2 cups of boiled beef left-over, superfluous fat, skin, and gristle removed; also nearly as much cold potatoes boiled or baked the day before. Season with a teaspoon of salt, and $\frac{1}{3}$ teaspoon of fresh-ground pepper and powdered sweet thyme. If thyme is not available, use either sage, nutmeg, or mace. Mix all together. Melt in an omelet pan set over a moderate fire 3 tablespoons of clarified dripping or butter. When hot arrange in the hash mixture. Cook until browned underneath; then turn over. When again browned underneath, fold, shaping it as an omelet. Invert like an omelet on a hot serving-dish, and garnish with parsley.

BAKED BEEF HASH:

Prepare a hash mixture as above, arrange it in a greased baking-pan, add 2 or 3 tablespoons of White

Stock or cream, and bake in a moderate oven until browned and dry.

CORNED BEEF HASH:

Proceed as directed at either of two preceding recipes, leaving out the salt.

CHAPTER XV

ROASTED MEATS

GENERAL INSTRUCTIONS—GRAVY FOR ROASTS—BEEF—
MUTTON—LAMB—VEAL—PORK

General Instructions

ROASTED meats are usually "baked" in a hot oven. The real method of roasting meat is on a revolving broiler that the French call "*la Broche*." The meat is fixed on the broiler, which revolves constantly exposed to the heat rays of a clear hot fire of red coal, thus exposing alternately most of the meat surface to the heat source. The drippings are collected and used to baste the roasting meat.

When baking the meat in an oven, one should constantly endeavor to attain or create for the baking meat the same conditions of roasting that are found when the meat is roasted *à la Broche*. Meat roasting *à la Broche* is kept moistened with the melting fat of the revolving meat and also by an occasional basting of the meat with the collected drippings, and not allowed to lie for any length of time in the dripping; therefore, dispose the meat to be baked on a wire grating set in the dripping-pan that will slightly raise the meat. Lacking the grating, set it on a piece of its own fat.

The conditions of a closed oven render the addition of water or stock undesirable because steam is objectionable to roasted meat, and besides, this addition will not be required if the size of the pan is proportionate to the size of meat to be roasted. Therefore, fat remains as the only preventative of burning as well as to provide a basting liquor; hence, lean meat to be roasted should be larded, or the pan in which it is roasted should have a piece of the meat's own fat in it.

If a piece of meat containing a certain amount of fat is placed in a hot oven, the fat will try out too slowly to prevent burning or to provide a basting liquor to keep

the meat moistened; therefore, over it should be placed a piece of either clarified butter or savory dripping, or a piece of its own fat.

Nearly all roasted meats are baked at first in a hot oven until seared or partly browned; but the heat should not be excessive as the meat must not be thoroughly browned before the heat has penetrated the center. At the beginning the roast should be basted every 10 minutes with the liquor in the pan until seared, and from this time on the heat in the oven should be gradually decreased to a hot moderate temperature; then the meat is basted every 20 minutes until done. The smaller the piece of meat, the oftener it should be basted. In baking a piece of pork that has much fat, it is necessary to remove some of the tried-out fat during the cooking.

If a juicy piece of meat, such as prime beef, leg of mutton, or a wild duck, which are all preferably cooked rare, is placed in a too-slow oven, the inner juice will escape before the meat is seared; hence the necessity of setting them in a hot oven.

Cuts of lamb, veal, or pork are not so juicy as beef or mutton. They are always cooked well-done, and are placed in a rather hot oven until golden-seared; after which the heat is decreased to produce a moderately hot oven.

Salt draws the meat's inner juice, but the meat also demands, for succulence, a tasty seasoning. To obtain the best results, rub the meat all over with mixed salt and pepper, and dredge over the lean meat surface some flour, which will prevent the inner juice escaping. Or season after the meat is partly browned.

GRAVY FOR ROASTS:

When a brown gravy is desired, add to the dripping pan, when the roast is set in the oven, 3 cloves inserted in a rather small onion. When the roast is done, remove and reserve hot.

First Method: To the liquor left in pan, over the fire, add a cup of hot water. If the roast is large, use more water. Then, using a flexible pallet, detach all the

meat glaze lying at bottom of pan, in order to melt the glaze into the liquor. Mash the onion, and boil a few minutes. Strain the pan contents into a saucepan through a very fine sieve. Carefully remove all the fat on top, which reserve in a bowl, with 2 or 3 tablespoons of water added. When cool, this dripping will have a cake of fat on top, and the liquor under it may be utilized, strained, at some other time to make gravy or sauce.

Re-heat the liquor in saucepan to a boil, then thicken it to a table cream consistency with a little cornstarch diluted in a little cold water, beating it constantly with a small wire egg-beater until it begins to bubble. Reserve in a bath of hot water until serving time, seasoned with a little salt and pepper to suit the taste. Or, if desired, thicken as usual with a Brown Roux.

Second Method: For a thicker gravy than the above, remove some of the fat in the roast pan, and for each cup of sauce leave in pan 2 tablespoons of fat. Place over the fire, blend in $2\frac{1}{2}$ tablespoons of flour, stir, and cook carefully until browned, then, while constantly stirring and scraping bottom of pan, dilute with 1 cup of water. Stir till smooth and boiling, strain, skim off the fat on top, re-heat, then simmer 5 minutes. Season with salt and pepper as needed.

ENGLISH YORKSHIRE PUDDING:

Served with roast beef.

3 eggs beaten light
 $\frac{2}{3}$ teaspoon salt

2 cups sifted flour
1 pint milk

Turn the flour into a bowl and mix in the salt. Then, beating with a wire egg-beater, gradually add about $\frac{2}{3}$ of the milk, to obtain a smooth paste. Continue beating while adding the eggs and the remaining milk, and beat well. Fifteen minutes before removing the roast from the oven, after the last basting, when the oven heat is reduced to moderately hot, and about 25 minutes before serving, spread about 3 tablespoons of roast hot fat dripping over side and bottom of a selected pan. Pour the pudding mixture in $\frac{2}{3}$ of an inch deep and bake nearly 25 minutes or until firm on top center. When

removing the roast, turn the risen pudding and quickly close the oven door. Cut into lozenges or squares and arrange around the roast. Or, bake in glass oven dish and serve in same.

ROAST BEEF:

Light the gas burner at least 10 minutes before needed. If using coal, have ready a replenished hot coal fire that will keep the oven steadily hot for at least 15 or 20 minutes, or until the meat surface in the hot oven is seared, as from this time on the heat should be gradually reduced to rather moderately hot.

Wipe the meat, rub its entire surface with mixed salt and pepper, dredge over the lean meat surface with flour, and place the meat skin side downwards over a wire grating. Lean cuts of beef are larded. Prime beef is freed of backbone and the ribs should not be left too long; often the ends are folded under, but are best removed, as they may be utilized to make stock, or to be pickled, or cooked as directed at "Short Ribs with Brown Potatoes." Chuck ribs are boned and rolled into cylindrical shape, and fastened with skewers and twine.

Place over the meat 2 tablespoons of dripping or a raw piece of its own fat. Set in a hot oven, baste every 10 minutes with liquor in pan until golden-browned, then reduce the oven heat and baste every 15 or 20 minutes. The beef should be slightly amber-colored 10 minutes after the roast has been set in the oven. About 5 minutes thereafter, very gradually reduce the heat in oven by lowering gas flame or reducing the coal fire. At the second basting, after the roast has been 20 minutes in the oven, it should be golden-browned.

Roast beef cooked in this manner takes about 10 minutes to the pound for rare. The finished article should have a crisp brown crust or about $\frac{1}{2}$ inch of seared meat, and when sliced the meat should be red throughout. The meat juice should be collected at bottom of carving dish to be served with the gravy made as directed at "Gravy for Roast." Add to pan when placing in the oven 3 cloves inserted in a medium-sized onion.

ROAST LEG OF MUTTON:

Neatly remove the bone at the first joint, also the skin, and wipe meat. Rub entire surface with a crushed bean of garlic and with mixed salt and pepper. Dredge flour over lean surface. Set over a wire grating in a dripping-pan, put on top a little savory dripping, add to pan 3 cloves inserted in a medium-sized onion, and bake in hot oven as directed at "Roast Beef." Allow 10 minutes to the pound for rare, and 15 minutes for medium done. Make gravy as at "Gravy for Roasts." Set a frill of paper on handle bone before serving. Send the sauce in a boat and send separately a mint or currant jelly.

Occasionally roast leg of mutton is served with either Beans à la Bretonne, a Chestnut Purée, or other vegetables, such as spinach, cauliflower, string-beans, or carrots.

ROAST LEG OR SHOULDER OF MUTTON À LA VENISON:

Bone a leg or shoulder of mutton and tie with twine in a good, firm shape. Marinate over night in a "Marinate for Venison" (see below). Wipe meat, roast it, and make gravy, as at "Roast Leg of Mutton," allowing 9 minutes to the pound; only, to sauce, add 2 tablespoons of currant jelly, and just before serving stir in a few bits of butter. Season to suit taste. Send separately a currant jelly. Use a little marinate to make sauce.

Marinate for Venison: Put and mix thoroughly in an earthen jar $\frac{2}{3}$ cup of mild vinegar, a tablespoon of salt, a teaspoon of crushed pepper-corns, a sliced onion, a crushed bean of garlic, a few sprigs of parsley, one of sweet thyme, and a celery stick.

ROAST LEG OF LAMB:

Remove skin or caul, then trim, season, bake, and serve as at "Roast Leg of Mutton," only arrange to have the oven not quite so hot as for mutton, and finish cooking until well done, about 18 minutes to the pound. Arrange the fire so that the heat in the oven begins to

reduce to a good moderate oven as soon as the meat is slightly amber-colored.

Make the sauce as directed at "Gravy for Roasts."

ROAST SADDLE OF MUTTON:

The saddle of mutton is formed by the two unseparated loins and is the back of the animal. Order from the butcher a dressed saddle of mutton, or dress it as follows: Cut it short off the leg, bone the part of breast left on so as to fold it in, then fasten with a wooden skewer, removing superfluous fat and skin. Tie it into a good firm shape with twine. Usually the suet over top is slightly cut in a decorative manner. Wipe meat, rub it with a crushed section of garlic, and with mixed salt and pepper. Dredge some flour over lean meat surface. Bake, 9 minutes to the pound, as directed at "Roast Beef." Make sauce as at "Gravy for Roasts," Second Method, or, use a Taragon Sauce. Send separately a mint or currant jelly.

To carve the saddle, cut thin slices, working the blade knife parallel to backbone. Turn saddle over and carve the tenderloin in a like manner. If desired, serve the mutton surrounded with "Chicken Rissole," then send in a boat a Perigueux Sauce.

LAMB CROWN ROAST:

Take the rib portion from one or two loins of lamb. Neatly cut off the spine bone. Scrape the flesh from the bone between the ribs nearly as far down as the lean meat. Neatly cut the rib bones at about 2 inches from the lean meat. If two pieces are used, first sew them together, then turn backwards and shape in a circle, fixing ends together with skewers. Wrap around each rib a thin slice of lard-pork, and bake in hot oven 9 minutes to the pound, as done at "Roast Leg of Mutton." As soon as the meat is browned, the oven should be reduced to a moderate heat.

Before serving, remove fat around rib bones and set a chop frill on each bone. Fill center of crown with Vegetables Macedoine or with a Chestnut Purée, and

arrange around the base of crown some Chateaubriand or Puffed Potatoes I.

ROAST VEAL:

The cuts of veal used for roasting include the loin, the leg, or a piece 5 to 7 inches thick, taken off upper thickest part of the leg. Since veal has not much flavor, it is best to rub it with a crushed section of garlic. The leg is usually boned and if stuffed use a stuffing made as directed at "Braised Breast of Veal Stuffed." Tie firmly with twine in a good shape. Set skin downwards over the rack in the dripping-pan, adding 3 cloves inserted in an onion and some trimmings of salt pork. Put over meat 2 tablespoons of clarified butter or savory dripping. Set in a rather hot oven, baste every 10 minutes until golden-seared, the first time with 2 tablespoons of melted butter, and after with liquor in pan. Arrange the fire so that when the veal is golden-colored the oven will be reduced to a good moderate heat, and baste every 25 minutes. Veal is always cooked well done and requires about 23 to 25 minutes to the pound. Season with salt and pepper as soon as meat is browned. Make sauce as directed at "Gravy for Roasts."

ROAST PORK:

The cuts of pork used for roasting include the leg, the spareribs, the loin, and occasionally the boned shoulder. The skin is usually removed, and if left on it should be cut in cross lines so as to form rather small squares. If the pork is too fat, remove superfluous fat. Rub its entire surface with a crushed bean garlic, and with salt and pepper mixed. Put over a rack in the dripping-pan, skin or fat side downward, and set in a rather hot moderate oven for about 40 minutes, after which the fire should be reduced to produce a good moderate heat. At the beginning baste every 10 minutes, and after that every 25 minutes. Allow 25 minutes roasting to the pound, as pork is always cooked well done. Make gravy as at "Gravy for Roasts," Second Method. Serve with it a warm Apple Sauce.

ROAST SUCKLING PIG:

Order a four- or five-weeks old pig. Wash and rub inside and outside, change water, add a teaspoon of soda, wash and rub, change water, wash, and rinse, carefully cleaning the ears. Wipe perfectly dry between towels. Dredge inside salt and pepper. Stuff the pig and sew it into its natural shape. Rub with a crushed bean of garlic and mixed salt and pepper. Lay it on stomach on the rack in dripping-pan, hind feet arranged backwards. Brush with a little melted butter, wrap the ears with greased paper, and set in mouth a piece of wood to keep it open, which replace when serving, with a sprig of celery or a red apple. To pan add some trimmings of salt pork or 2 tablespoons of dripping. Set in a rather hot moderate oven until golden-seared, then finish baking in a good moderate oven until tender and golden-brown colored, from 3 to 3½ hours. Remove the pig to a hot serving dish, arrange a wreath of green around the neck, garnish around with parsley greens, send with it a warm Apple Sauce, and the gravy, made by second method of "Gravy for Roasts," in a boat.

Stuffing: Simmer 1 or 2 chopped onions 10 minutes in a little melted butter or bacon dripping over a slow fire. Add with the following ingredients and mix: About 1 pound of sausage meat, as much Bread Panada, an egg, salt as needed and season highly with pepper and powdered sweet thyme, or sage. Or, stuff pig with a Bread Stuffing to which chopped apples have been added.

ROAST FILLET OF PORK:

Trim and wipe a pork fillet. Fold thin end under and tie it with twine in a good round shape. Rub with a crushed bean of garlic, set over the rack in dripping-pan, and brush with a little melted butter. To pan add trimmings of fat pork, 2 cloves inserted in a small onion, set it in a hot oven, and bake until golden-browned, basting every 8 minutes; then dredge over salt and pepper, and finish baking the fillet in a moderate hot oven until the meat is well done to center. Make the gravy by second method of "Gravy for Roasts." Fillets of pork are

often served with sweet potatoes that have been boiled, peeled, and cut in half. Arrange them in a pan in some of the pork dripping and bake at the same time and in same oven as the pork, until browned.

CHAPTER XVI

MUTTON AND LAMB

MUTTON is the meat of the sheep. Roasted or grilled mutton is at its best cooked rare. Mutton should be about three years old and should hang at least two weeks before using. Good mutton has fine grained meat of a shining pink color. The fat, which is not so digestible as the fat of beef, should be abundant, white and hard. Poor mutton has rather a small amount of fat and lean meat compared to the bones. The peculiar strong flavor of mutton is most conspicuous in the skin, and this should always be removed. In roasting or in braising the meat is often rubbed with a crushed bean of garlic to improve its flavor. The fat adhering to the skin also has, to a less degree, this disagreeable strong flavor, hence, in stewing, the necessity of removing all superfluous fat. Mutton has the same food value as beef.

Lamb is always cooked well done. It is not so nutritious nor so digestible as mutton. Spring lamb is usually killed when from seven to thirteen weeks old. It may be cooked soon after being dressed. Many of the lambs on the market, however, are one year old and should hang a few days before being used.

MUTTON LEG BRAISED, À LA ALEXANDRE DUMAS:

Order a boned leg of mutton. Tie it firmly with twine in a good round shape. Insert in smoothest portion of the surface rows of thick salt pork lardoons. Dredge over with mixed salt and pepper and lastly with flour. Place in a selected braising pot, over a bed of salt pork trimming and carrots and onions thickly sliced. Add the mutton bones, a small kitchen bouquet, 2 cloves, a few pepper-corns, a bean of garlic, and a cup of Consommé, also a tablespoon of Meat Glaze or brandy. Cover and cook in a slow oven 7 hours. When done, dress the

mutton on a hot dish; strain the liquor in pot through a fine sieve; skim off the fat on the top, and pour over meat.

SHOULDER OF MUTTON BRAISED:

Order a boned shoulder of mutton. Wipe meat, and dredge with salt and pepper. Stuff with a Bread Stuffing, sewing and tying it firmly with twine in a good round shape, and cook as directed at "Braising."

BREAST OF MUTTON BROILED:

Wipe a breast of mutton, and placé in a kettle over the fire in boiling water to cover. When boiling again, add 1 teaspoon of salt, a kitchen bouquet, and 2 cloves inserted in an onion, remove to a slow fire, and let simmer until tender. Lift out the meat, and reserve liquor to make a barley soup. Cut the breast into pieces about 3 by 4 inches; wipe between towels, roll in melted butter seasoned with a little salt and pepper, then roll in crumbs. Broil, on a hot greased broiler, set over a moderately hot, clear fire, to a crisp golden color. Serve with any of the following sauces: Tomato, Piquante, Poivrade, Robert, or Chicago Sauce.

BOILED LEG OF MUTTON:

Cut center bone short, wipe meat, and place it in a kettle over the fire in boiling water just enough to cover. Bring to a quick boil, cook 3 minutes, then remove to a slow fire to slowly simmer until tender, adding 2 cloves inserted in an onion, and a tablespoon of salt. When done lift out the mutton with a skimmer, and set it on a hot dish with a paper frill on bone. Serve with a Mint or Caper Sauce or make, with some of the mutton liquor freed of fat and reduced to a cupful, a Velouté Sauce, in which stir 2 tablespoons of cream and a chopped hard-boiled egg, seasoning as needed with salt and pepper.

ENGLISH MUTTON CHOPS:

Take some English chops 1½ inches thick, and wipe. Or, to prepare them yourself, cut off the loin some chops

1½ inches thick, carefully bone them, and remove superfluous fat and skin. Wrap the ends round and fasten firmly in a good shape with skewers and twine. Roll in melted butter or oil and let stand 20 minutes. Broil the chops over a hot greased broiler set close to a hot clear fire of red coals, turning over every 10 seconds for the first minute or so of cooking. As they become brown the inner meat juices are shut in and the chops may be gradually removed farther from the fire, as they may then be finished at a lower heat. Allow 8 minutes for rare and 10 minutes for medium done. When done remove to a hot dish, dredge with salt and pepper, and remove skewers and twine.

Arrange chops overlapping in wreath shape on a hot serving-dish, and fill center with any one of following hot potatoes: French Fried, Paille, Saratoga, Puff I, Duchesse, Croquette, or Lyonnaise. Garnish with parsley. Send in a boat a Bearnaise Sauce separately.

PAN-BROILED CHOPS:

Roll the prepared chops in a little oil; let stand 20 minutes, then proceed as directed at "Panned Steak or Chops." The time of cooking is the same as for broiling.

BROILED FRENCH MUTTON OR LAMB CHOPS:

Take some French chops, wipe meat, and carefully remove bits of bone. Or, prepare the French chops as follows: With a sharp cleaver neatly cut off the back-bone of a mutton rack formed by the ribs, then cut off each chop 1 inch thick, the knife blade following closely each rib. Flatten each chop a little with the cleaver blade and remove skin and superfluous fat, scraping the meat off ribs nearly as far down as the lean meat. Roll chops in a little melted butter or oil, and let stand 20 minutes. Broil and serve in same manner as English Chops, allowing to each inch-thick chop 6 minutes for cooking. When done season with a little salt and black pepper and set on each chop a frill of paper.

Or, prepare and broil some French Mutton Chops as

directed. When done, remove, season with salt and pepper, and arrange them overlapping in wreath shape on a hot serving-dish, with a chop frill set on each bone. In the open space in center pile some cooked vegetables or potatoes. Broiled French Chops are very nice served with a Bearnaise or a Colbert Sauce.

CRUMBED FRENCH CHOPS:

Take some French chops, wipe meat, and roll in a little melted butter, seasoned with salt and pepper, then roll in crumbs. Broil on a hot greased broiler over a moderately hot, clear fire 4 minutes on each side, turning over as needed and basting with the remaining melted butter. When done arrange the chops overlapping in wreath shape on hot serving-dish, fill center with Braised Lettuce, set a frill on each chop and send in a boat separately any of the following sauces: Taragon, Bearnaise, or Victor Hugo Sauce.

FRENCH CHOPS À L'ITALIENNE:

Take French chops, remove bits of bone and wipe meat. Roll in melted butter and in the following mixture: Mix in a cup of sifted bread crumbs $\frac{1}{2}$ teaspoon of salt, $\frac{1}{3}$ teaspoon of pepper, and 3 tablespoons of grated mixed Parmesan and Gruyère cheese. Roll in beaten egg and crumbs. Broil, and serve as in preceding recipe, but without lettuce, and over a Tomato Sauce.

CHOPS À LA MAINTENON. I:

Order 6 French chops of a thickness of about $1\frac{1}{2}$ to 2 inches each, including two ribs to each chop. Split them without separating by running a sharp butcher knife through the center of the meat, going down to the rib, and, with back of knife, break the back of the chops between the bones. Spread between the split chops a cooled Maintenon Chop Filling made as directed below. Lightly press them into shape. Spread at the bottom of a selected buttered glass oven gratin dish a layer of the remaining Maintenon Filling. Broil the chops till brown seared or $2\frac{1}{2}$ minutes on each side. Dredge with

salt and pepper and at once transfer them onto gratin dish, arranging them in a wreath shape. Bake 4 minutes. Serve on the same dish with a chop frill on each bone and fill center open space with Green Peas or Diced Asparagus à la Française, or with Macedoine Vegetables.

Maintenon Chop Filling: Simmer over a slow fire, in a small saucepan, in $3\frac{1}{2}$ tablespoons of melted butter, 2 slices of onion until slightly amber-colored. Remove the onion. Blend in the fat left in pan $\frac{1}{3}$ cup of pastry flour and a few grains of Cayenne; before it colors, while stirring constantly with a wooden spatula, add $\frac{3}{4}$ cup of reduced rich White Stock, mixed with $\frac{1}{4}$ cup of rich cream, and a few grains of salt. Stir until smooth and bubbling. Stirring, simmer 2 minutes, then remove from the fire, and mix in the following cooked ingredients, cut into very small dice: 3 tablespoons of pickled or smoked tongue, 3 tablespoons of white chicken meat, 3 tablespoons of mushrooms, and a slice of truffle; or, substitute for the above filling a very consistent d'Uxelles Sauce (see recipe).

CHOPS À LA MAINTENON, II:

Order 6 French chops each 1 inch thick. Dip one side only in a little melted butter and let stand 20 minutes. Broil 2 minutes as usual, on the buttered side, remove, place uncooked side of chops in the melted butter left in dish, and let stand a while. Divide $\frac{3}{4}$ of a Maintenon Chop Filling, made as above, into 6 balls. Dredge over cooked side of chops a little salt and pepper and spread over each one a ball. Dredge over top buttered fresh-grated crumbs of stale bread, arrange the chops uncooked side downwards on a hot greased broiler, over a hot clear fire, and broil 1 minute or until seared, then arrange the chops crumbed side up over the remaining filling spread in a buttered glass oven gratin dish and bake 5 minutes in a hot oven.

CHOPS À LA VENISON:

Take 6 French chops, wipe and let stand at least 6 hours in a Marinate for Venison. Wipe perfectly dry

between towels, roll in a little melted butter, then sauté as directed in following article. Serve overlapping, with a chop frill on each bone. Send in a boat a Venison or Poivrade Sauce, separately.

CHOPS SAUTÉD:

Take say 6 French chops each 1 inch thick, wipe, and roll in a little melted butter and let stand a while. Sauté the chops in a heated frying-pan over a good fire, turning over as needed and removing tried-out fat as soon as it appears. When evenly browned, remove pan to a slower fire, allowing 6 minutes cooking for chops 1 inch thick. Remove, dredge over with salt and pepper, pile on center of a hot dish a Chestnut Purée, and arrange around it the overlapping chops with a frill on each bone.

Or, arrange them around Chateaubriand Potatoes, then send in a boat separately a Chateaubriand Sauce.

SAUTÉD MUTTON FILLET MIGNON, COLBERT:

Cut say 6 slices of mutton fillet $\frac{2}{3}$ of an inch thick. Trim them in a good, round shape, removing fat and gristle, and slightly flatten each one with a cleaver blade. Roll in melted butter, in fresh-grated crumbs of stale bread, seasoned with salt and pepper; broil, 4 minutes on each side, as usual over a moderate clear fire, turning over as needed. Serve them overlapping over a Colbert Sauce.

MUTTON OR LAMB FILLET MIGNON À LA SIGNORA:

Prepare and trim the Fillet Mignon as in preceding recipe. Insert into middle of circular edge some thin short lardoons of truffle. Roll in melted butter and let stand a while. Sauté the chops in a heated frying-pan in a little hot clarified butter, to which a few drops of oil have been added, over a good fire, turning over as needed until browned. Remove each fillet onto a circular French Crouton of same size as fillet. Dredge over a little salt and pepper, and set over top a Stuffed or

Broiled Mushroom. To pan over the fire add a little meat glaze, give it a bubble while scraping pan to melt the meat glaze at bottom into liquor, and pour over the chops. Send separately a Bearnaise or Perigueux Sauce.

LAMB NOISETTE À LA PARISIENNE:

Order breast lamb chops. Wipe meat. Remove bones and fat, trimming the lean central meat into a circular shape that will have, when a little flattened with the cleaver blade, a diameter of about $2\frac{1}{2}$ inches, and a thickness of about $\frac{2}{3}$ inch. Roll in a little melted butter and let stand a while.

Scald and skin 3 sound firm ripe tomatoes of even medium size. Brush them with oil, and dredge with a very little salt and pepper. Bake 6 minutes in a very hot oven. Reserve hot.

Cut into dice a cup of blanched asparagus tips. Simmer these a few minutes in a little melted butter. Reserve hot.

Have ready 6 French Croutons of same circular size as Lamb Noisette. Make a sauce as directed at "Eggs Leontine." Sauté the Lamb Noisette in a little melted butter in a hot frying-pan over a good fire as usual until seared brown. Remove and season with salt and pepper. Arrange, on a hot serving-dish, a Lamb Noisette on each Crouton, and set over each a half-tomato, open side up, with the asparagus tips over the tomato, and mask with the sauce.

LAMB NOISETTE BONNE BOUCHE:

Cut into pieces $\frac{2}{3}$ cup of left-over white meat of chicken. Pound to a paste, and rub through a sieve. Blend, in 2 tablespoons of melted butter in a small sauce-pan over the fire, as much flour and a few grains of Cayenne. Dilute, while stirring constantly with a wooden spatula, with $\frac{1}{3}$ cup of rich Chicken Stock. Stir until smooth and bubbling, adding $\frac{1}{4}$ teaspoon of salt. Stirring constantly, add the chicken pulp and stir until bubbling; then turn on a buttered dish to cool, seasoning as needed with salt and white pepper.

Sauté as usual over a brisk fire, 2 minutes on each side, 6 Lamb Noisettes, prepared as directed above. Remove the browned noisettes, dredge over them a little salt and pepper, and cover meat with a thick layer of the chicken mixture. Using a knife dipped in water, smooth the surface, dredge over buttered crumbs, and bake in a very hot oven a couple of minutes or till delicately amber-colored. Serve at once, each Lamb Noisette placed over a French Crouton. Blend into the meat glaze remaining in pan over the fire a little Meat Glaze or remnant gravy of roast, and strain on serving-dish. Send in a boat separately a Bearnaise Sauce.

LAMB NOISETTE À LA SULLY:

Prepare 6 Lamb Noisettes as directed above. Roll in a little melted butter, then let stand a while. Heat a frying-pan over a good fire, add a little butter, sauté the noisettes in the hot fat nearly 6 minutes, turning over often; and, as soon as browned, remove them to a slower fire. Remove onto French Croutons, put over each a slice of fat goose liver that has stood 2 minutes in hot water, wiped dry and sautéed. Mask each with any of the following sauces: Perigueux, Mushroom, Sherry. Lacking the fat goose liver, substitute for it Chicken Liver Sautéed.

LAMB NOISETTE MONTE CARLO:

Sauté 6 Lamb Noisettes as directed in preceding recipe. When done remove, dredge over salt and pepper, and reserve hot. To fat left in pan set over the fire, add just enough butter to blend in $2\frac{1}{2}$ tablespoons of flour. Cook until browned, and dilute, while stirring constantly, with $\frac{1}{2}$ cup each of Brown Stock and white wine. Add $\frac{1}{4}$ cup of Tomato Purée, stir bottom until boiling, add 6 stoned olives, remove to a slow fire, and simmer 2 minutes. Skim off fat on top and season as needed.

Scald, skin, brush with oil, and dredge with a little salt and pepper, 6 firm crimson ripe tomatoes, cutting a slice off of stem end. Dredge top with salt and pepper

and put on it a bit of butter. Bake in very hot oven 6 minutes. Broil 6 mushroom buttons as directed at "Broiled Mushrooms." On a hot serving-dish dress each Lamb Noisette over a French Crouton of same size as noisette. Set over each a tomato, and over tomato a mushroom, and fill cavity with a circular anchovy, in center of which put an olive. Mask with the sauce.

LAMB NOISETTE À LA MOUSSELET:

Blanch until tender 6 trimmed artichoke bottoms; drain. Simmer these a few minutes in a little melted butter, turning over as needed. Heat $\frac{1}{2}$ cup of cream seasoned with a little salt and a few grains of Cayenne. Add 6 slices of truffle and simmer 1 minute. Reserve hot. Sauté, as directed in preceding recipe, 6 Lamb Noisettes. When done remove, and dredge over a little salt and pepper. Arrange over a hot serving dish 6 circular French Croutons of about 3 inches diameter. Set on each an artichoke bottom, pour into each cavity a generous tablespoon of cream, and set over it a Lamb Noisette and a truffle slice on top. Mask the whole with a Bearnaise Sauce to which a little whipped cream has been added.

MUTTON NOISETTE À LA POLONAISE:

Prepare 6 slices of Mutton Fillet as directed at "Lamb Noisette à la Parisienne." Allow them to stand 8 hours in a Marinade for Venison, turning over occasionally. Wipe the meat perfectly dry between towels. Roll in a little melted butter and let stand a while. Sauté as directed in preceding recipe. When done dredge over salt and pepper, and arrange each noisette over a circular French Crouton, and mask with the following sauce: To a cup of Brown Sauce add a tablespoon of the marinade or of lemon juice. The Brown Sauce should be made with the fat left in pan in which the meat was sautéed.

CHOPS IN PAPER CASES:

Order 6 French chops each 1 inch thick. Wipe, and roll in a little melted butter, and let stand 15 minutes.

Arrange on a hot greased broiler over a hot clear fire and broil nearly 2 minutes on each side or until seared. Remove. Spread over one side of each chop the following: Cut some ham into pieces, using both lean and fat sufficient to obtain $\frac{2}{3}$ of a cup. Pound in a mortar, adding a tablespoon of parsley and a teaspoon of chive, both thinly chopped. Rub through a sieve. Wrap each chop in an oiled, strong blank paper. Broil nearly 3 minutes on each side over a clear moderate fire. When done remove paper and serve with any one of the following sauces: Poivrade, Montebello, Piquante, or Tomato Sauce.

IRISH LAMB OR MUTTON STEW:

Order cut into pieces 2 inches thick, say 2 pounds of lamb or mutton taken from the shoulder or breast, and, as the strong flavor of mutton is in the fat, remove some fat, also the skin. Place the meat in a kettle with warm water to cover, bring to a boil, cook 1 minute, drain in a colander, then immerse meat in plenty of cold water. Rinse and drain. Turn meat into the cleaned kettle, add boiling water to cover, bring to a boil, then remove kettle to a slow fire where it will simmer, covered, very slowly until tender, from 2 to 3 hours. Add a teaspoon of salt and a kitchen bouquet including 2 cloves. An hour and a half before the stew is done, add 6 parboiled onions and young red carrots. When done remove bouquet, skim off the fat on top, and season as needed with salt and pepper. Then gently stirring the boiling mixture, add the following: Sift 3 tablespoons of flour in a bowl, stir with a small wire beater, add slowly a little water, and strain. When boiling again, remove to a slow fire to simmer 5 minutes. You may add to this stew, cut in pieces, 6 potatoes that have been boiled tender and drained of their water. Shake pan to mix, pile on a hot dish, and dredge over top some chopped parsley.

LAMB OR MUTTON STEW WITH DUMPLINGS:

Make a stew as directed in preceding recipe, and serve with dumplings. For the dumplings, proceed as directed at "Beef Stew with Dumplings."

LAMB STEW À LA FRANÇAISE:

Order 2 pounds of breast of lamb or mutton cut in pieces 2 inches thick. Wipe meat, carefully remove bits of bones, skin and most of fat. Set a Dutch oven pot over a brisk fire. When hot add a tablespoon of good dripping, then turn the meat into the hot fat, and stirring often cook until browned, carefully removing tried-out fat as soon as it appears. Remove meat and reserve. Pour out the fat in pan, set it over a slower fire, add 3 tablespoons of Savory Dripping and simmer in this hot fat 6 small onions and about 1 dozen balls scooped out of young red carrots; cook these until slightly amber-colored. Remove and reserve the vegetables. With fat left in pan and $\frac{1}{3}$ cup of pastry flour make a Brown Roux. Dilute with $2\frac{1}{2}$ cups of water and beat constantly till smooth and boiling. Add the meat and vegetables, also a kitchen bouquet including 2 cloves, 1 teaspoon of salt and $\frac{1}{3}$ teaspoon of black pepper or, diced, $\frac{1}{2}$ bell-pepper. When boiling again, remove to a slow fire, cover and simmer gently until the meat and vegetables are tender. Skim to remove fat, season as required, remove bouquet. Add, before serving, some boiled potatoes. Dredge with chopped parsley.

LAMB STEW JARDINIERE:

Make a lamb stew as directed in preceding recipe. Thirty-five minutes before the stew is done, add some string beans cut in lozenges $\frac{1}{2}$ inch long; and, 25 minutes before done, add some shelled green peas. Finish and serve as above. It will improve this stew to add remnant gravy of Roast Mutton.

CURRIED LAMB STEW:

Leaving out the carrots, the potatoes, and the chopped parsley, proceed as directed at "Lamb Stew à la Française," and, when thickening the stew, mix with the flour a teaspoon of curry powder.

Ways of Utilizing Left-over Mutton or Lamb

Remove dry crust, fat, skin, and gristle of left-over roasted or braised mutton or lamb, slice thin, and arrange

the slices to cover bottom of a selected size shallow dish. Pour over the boiling sauce to cover and let stand without boiling on a very slow fire.

To serve, with a carving fork remove the slices to a hot serving dish, arrange them overlapping, and mask them with the sauce. When the meat used is roasted or braised, the sauce should be made with the roast or braised meat gravy as directed at "To Re-heat Roasted or Braised Beef."

Boiled, roasted, or braised remnant mutton or lamb may be re-heated in the same manner as above by pouring over them any one of the following sauces, boiling: Piquante, Poivrade, Tomato, Robert, Spanish, or Brown Sauce.

MUTTON À LA POLONAISE WITH LEFT-OVER:

Thinly slice some left-over mutton or lamb, dry crust, skin, fat, and gristle removed, and with it proceed as directed at "Beef Polonaise."

MUTTON OR LAMB CROQUETTES:

Utilizing mutton left-over, proceed as directed at "Beef Croquettes," and serve in the same manner.

MUTTON SCALLOPS AU GRATIN:

Remove fat, dry crust, skin, and gristle of left-over mutton or lamb, slice, and proceed as directed at "Calf's Liver au Gratin."

DICED MUTTON IN CREAM WITH LEFT-OVER:

Cut into dice $\frac{1}{4}$ inch thick some left-over lamb or mutton, removing hard crust, skin, fat, and gristle. Simmer a few minutes in $1\frac{1}{4}$ tablespoons of melted butter, in a saucepan over a slow fire, until the butter is all absorbed. Turn this into $1\frac{1}{2}$ cups of White Sauce, season as needed with salt and white pepper, and pour over buttered toast.

MUTTON CHILI CON CARNE WITH LEFT-OVER:

Utilizing left-over mutton, proceed as directed at "Beef Chili con Carne."

MUTTON OR LAMB MIROTON:

Utilizing left-over mutton, proceed as directed at "Beef Miroton."

MUTTON OR LAMB INDIVIDUAL PIE WITH LEFT-OVER:

Fill buttered individual timbale mold with a Diced Mutton in Cream mixture. Add left-over green peas, and allow it to partly cool. Arrange over each timbale a cover of pastry. Make in center a fancy incision for evaporation, and bake in a hot oven until crust is done.

CURRIED MUTTON WITH LEFT-OVER:

Simmer a sliced onion in a saucepan in $3\frac{1}{2}$ table-spoons of good dripping or butter. Cook until slightly amber-colored. Remove onion, chop it, and reserve. In the fat left in pan over the fire, blend 4 tablespoons of flour and a teaspoon of curry powder mixed in with it. Carefully cook until golden-browned. Then constantly stirring or beating until smooth and boiling dilute with $1\frac{2}{3}$ cups of stock or water with a Bouillon Cube added. Add the reserved onions and about 2 cups of left-over mutton cut into small pieces, skin and gristle removed. When boiling again, remove to a slow fire to simmer, bubbling at one point, until meat is tender. Skim, and season as needed with salt and pepper. When done serve on a hot dish and arrange around the stew a border of rice.

MUTTON STEW WITH LEFT-OVER:

Utilizing remnant roasted or braised mutton or lamb, proceed as directed at "Beef Stew with Left-over."

CHAPTER XVII

VEAL

THE flesh of good veal should be of a pale pink color, and the fat should be white. The animal should be killed when from 6 to 8 weeks old, as the flesh of a younger animal is indigestible.

Veal has less flavor than beef and requires thorough seasoning. Veal is always cooked well-done.

The caul of veal is the skin that is removed from the fat and meat, and is often utilized to wrap up soft articles to be broiled or fried, so as to hold the mixture together, which otherwise would run.

VEAL BRAISED AU JUS:

Order a piece of veal, 5 to 7 inches thick, cut off the thickest part of upper leg or shoulder. Rub it with a crushed section of garlic, and tie it firmly with twine in a good, round shape, removing skin. Try out some veal fat in a Dutch oven pot. Lacking the veal fat, add 1 tablespoon each of butter and oil. Place in the melted fat a layer of thickly sliced onions and carrots, and simmer these until amber-colored. Remove these vegetables and reserve. In order that the veal be tender, set the pot over a moderate fire and sauté in the hot fat left in pot until evenly browned, turning over as needed. Lift the meat, replace the vegetables at bottom of pot, and set over them the meat. Add a cup of boiling White or Brown Stock, a kitchen bouquet including 2 cloves, and dredge over meat a little salt and black pepper. Closely cover and cook in a slow oven until tender, about 4 hours or longer. Turn over once. When done remove the lid and bake uncovered 15 minutes in a quick oven, basting often with liquor in pot in order to glaze the meat. When done remove the veal freed of twine to a hot serving-dish, strain the liquor, free it of fat, re-heat, and serve

the sauce in a boat. If desired, thicken the sauce as usual with a Brown Roux.

Veal cooked in this manner is often served with a Spinach Purée with some of the veal gravy added; or with Braised Lettuce or Glazed Onions. Occasionally it is served with Carrots à la Vichy, Brussels sprouts, green peas, or Asparagus à la Française.

FRICANDEAU OF VEAL:

Proceed as directed at "Veal Braised au Jus," and serve in the same manner, only, before cooking the meat, insert on the smoothest surface some lardoons of salt pork about $\frac{1}{8}$ inch thick, and before adding the stock add $\frac{1}{2}$ glass of white wine or sherry and reduce to a glaze.

VEAL BRAISED WITH ONIONS:

Proceed as directed at "Veal Braised au Jus," and after the veal has cooked 1 hour add a dozen onions the size of a small walnut, the onions previously parboiled 50 minutes then sautéed in a little melted butter until evenly amber-colored. Finish cooking the veal as directed and make sauce in same manner. Serve the meat surrounded by the onions. The onion flavor harmonizes well with veal.

BRAISED BREAST OF VEAL STUFFED:

Order a breast of veal with all the skin left on. Using a knife, separate the meat from the skin, to make room for a stuffing. Dredge inside salt and pepper, stuff and sew, then proceed as directed at "Veal Braised au Jus," cooking the meat till tender. Make sauce as there directed.

Stuffing: Soak 6 ounces of white bread, crust removed, in hot water or stock. Turn it into a cheese-cloth and press out the liquor. Reserve. Force through the meat-chopper 6 ounces of lean and fat lard-pork, and as much lean veal, skin removed. Reserve. Simmer for a few minutes a very thinly chopped tender onion

and shallot, in a little melted butter or bacon dripping. Mix this with the above ingredients, adding a slightly-beaten egg, and, thinly chopped, a tablespoon of parsley and a teaspoon of chive. Season as needed with about $\frac{1}{2}$ teaspoon each of salt and black pepper, and some thinly chopped sweet thyme, or, some canned thyme.

BRAISED SHOULDER OF VEAL:

Order a boned shoulder of veal and have the bones sent with it. Dredge inside with salt and pepper. Rub with a crushed bean of garlic, roll, and tie it firmly with twine in a good round shape. Then proceed as directed at "Veal Braised au Jus," adding the bones cut into pieces.

If desired, stuff the shoulder before cooking with a stuffing prepared in preceding recipe.

ROLLED VEAL, OR INDIVIDUAL PAUPIETTE:

Order cut off the upper thickest part of a leg of veal 6 long thin slices of meat. Using a stuffing made as directed at "Braised Breast of Veal Stuffed," proceed as directed at "Rolled Fillet of Beef," making sauce as there directed.

VEAL À LA ORLOFF:

Prepare, lard and cook a thick piece of veal leg as directed at "Fricandeau of Veal," and make the sauce as there directed. Prepare a thick Soubise Sauce, and add $\frac{2}{3}$ cup of a Mushroom Purée and 2 tablespoons of grated Parmesan and Gruyère cheese mixed. Slice the cooked meat and spread between the slices the Soubise mixture, re-forming the meat as it was before carving. Reserve some of the Soubise mixture. Dispose the stuffed meat over a buttered pan, and spread over the remaining Soubise mixture. Dredge over some grated cheese and buttered crumbs, and bake just a few minutes to a delicate golden color in a hot oven. Baste with a little melted butter. Carefully remove the meat onto a hot serving-dish. Send the sauce in a boat.

FRICANDEAU OF VEAL Á LA PARISIENNE:

Order a piece about 6 inches thick, cut from the thickest part of a leg of veal. Neatly prepare the top (cut side only) in a nice rounded shape. Reserve the lean meat trimmings to make a Cream Veal Force meat. Insert through entire length of meat, parallel to the grain, some thick lardoons of fresh lard-pork and raw lean ham, alternating. Insert over top thin lardoons of larding-pork. Tie the meat firmly in good shape, and cook as directed at "Veal Fricandeau." Prepare about 3 pounds of a Croquette Potato Mixture, and reserve in hot water until needed.

Thickly butter say 6 or 8 individual timbale molds. Set at bottom of each mold a round buttered paper. Ornament sides of mold with blanched strips of carrots and turnips as directed at "Sweetbreads Chartreuse." Fill center of timbales with the potato mixture. Bake in moderate oven 8 minutes. Reserve hot.

Blanch 6 or 8 white mushroom buttons and stems as directed at "Blanched Mushrooms." Drain, scoop out some of the inside pulp of the mushroom button, chop this pulp and the mushroom stems, and mix them in $\frac{1}{4}$ cup of thick Bechamel or Thick White Sauce II. Season as needed, fill mushroom cavities with this mixture, dredge over buttered crumbs, arrange in a buttered pan, and bake a few minutes or until delicately golden-colored. Reserve hot.

Butter 8 small mold boats, and fill with a Veal Cream Force meat (see, "Veal Force meat"). Cover with greased paper, and poach as usual in slow, moderate oven until firm, about 20 minutes. Reserve hot.

Sauce: To the liquor left in pot add enough Consommé or Brown Stock to make about $1\frac{1}{3}$ cups of liquor, and simmer a few minutes. Strain and skim off the fat on top. Add 2 or 3 tablespoons of thick Tomato Purée and simmer a few minutes. Dilute $1\frac{1}{3}$ level teaspoons of cornstarch in as much water, and thicken the sauce with it. Before serving beat in, cut into small bits, a generous ounce of fine butter. Carve the meat and re-form it as it was before carving, then arrange it on

a Potato Socle (see recipe) made with the remaining potato mixture. Unmold the potato timbale and forcemeat boats, and arrange, alternating, around the socle. Dispose 6 mushrooms on each end of dish.

Having everything nicely hot, send sauce in a boat.

FRICANDEAU OF VEAL PRINCESSE:

Using same cut of meat, prepare, lard, and cook the veal as directed at "Fricandeau of Veal à la Parisienne," only substitute for the lardoons of ham some lardoons of pickled veal tongue, and make the sauce in the same manner. When done, carve off as many slices of meat as there are persons to serve, replace the slices as they were before carving, place on center of a large hot serving-dish, and dress around the meat, one for each service some mushrooms prepared as directed at "Mushrooms Stuffed with Soubise Rice Mixture." Then dispose over border of dish alternately, one of each for each service, tomato and artichoke bottom prepared as directed at "Tomato Stuffed III with Veal Cream Forcemeat," and "Artichoke Bottom Stuffed with Mushroom Purée." To make the mushroom purée utilize the stems and imperfect mushrooms, reserving the large, perfect caps to blanch and stuff with the Soubise mixture. Serve everything hot and send sauce in a boat.

VEAL TIMBALE:

Proceed with raw veal meat as directed at any of the "Chicken Timbales."

VEAL CUTLETS AU JUS:

Order say 6 rib chops of veal, each $\frac{3}{8}$ of an inch thick. Wipe meat, and sauté in a tablespoon of melted butter to which a teaspoon of oil has been added, in a hot frying-pan over a rather moderate fire, turning over as needed, until evenly browned. Dredge over salt and pepper. Add $\frac{1}{3}$ cup of Consommé, stock, or water, with a teaspoon of meat extract. Tightly covered, bake in a very slow oven 35 minutes. Dress the chops, overlapping,

over a hot serving-dish. Strain the liquor, freed of fat, over the chops.

Occasionally served around a Spinach au Velouté, to which a little of the sauce may be added; or, surrounded by Stuffed Tomatoes III; or, around mashed potatoes, sending sauce in a boat.

VEAL CUTLETS À LA MIREPOIX:

Sauté 6 rib chops of veal as in preceding article. When brown colored, dredge over salt and pepper, add to pan a cup of hot Mirepoix preparation, cover with a greased paper, and bake in slow oven until tender. Baste occasionally. Dress the cutlets, overlapping, around any one of the following purées: Potato, Celery, Green Peas, Mushrooms, Turnips, Artichokes, Cauliflower, etc. Set a frill on each rib bone. Strain the liquor left in pan, free it of grease, and send separately in a boat.

VEAL CUTLETS AUX FINES HERBES:

Sauté say 6 veal chops as directed at "Veal Cutlets au Jus." When browned, dredge over with salt and pepper; then dredge over each cutlet, thinly chopped and mixed, 3 tablespoons of parsley, and 1 teaspoon of chive; then finish cooking the cutlet and serve as directed.

VEAL CUTLETS À LA PERIGUEUX:

Trim some rib veal cutlets to a nice shape and about an inch thick. Insert thin, short lardoons of truffle through middle edge of cutlet, and proceed as directed at "Veal Cutlets au Jus." Add to liquor in pan a little sherry and cook as directed until tender. Serve the cutlets, overlapping, on a hot dish, and set on each bone a chop frill. Strain liquor, skim off grease on top, reduce it to a glaze, and add it to a Perigueux Sauce. Pour sauce in dish.

VEAL CUTLETS, MUSHROOM SAUCE:

Proceed as at "Veal Cutlets au Jus." When the cutlets are tender, strain the liquor left in pan, skim off

the grease, reduce to a glaze, and add to it a Mushroom Sauce.

VEAL CUTLETS À LA ZINGARA:

Trim to a nice shape say 6 rib veal cutlets. Wipe meat. Insert on one side of each cutlet thin, short lardoons of lean ham and fat lard-pork. Sauté over a moderate fire in 3 tablespoons of clarified butter until golden-browned on both sides, turning over as needed. Remove the cutlets and reserve. Sauté a few minutes over a slower fire, in fat left in pan, 2 onions and 2 carrots, both sliced, adding trimmings of lard-pork. Arrange the cutlets over this, and add 6 slices of lean ham cut in medallion shape. Dredge over cutlets salt and pepper, and add a cup of hot Consommé. If available, add a little white wine or sherry and reduce to a glaze before adding the Consommé. Cover with greased paper and bake in a slow oven until meat is tender, basting occasionally with liquor in pan. Remove to a hot serving-dish, and arrange in wreath shape, alternating each cutlet with a slice of ham. Strain liquor, skim off the grease, re-heat, and mask the meat with it.

VEAL CUTLETS BREADED:

Trim into a nice shape some rib veal cutlets $\frac{3}{5}$ of an inch thick, one for each service. Wipe meat, dredge over salt and pepper, and roll in cracker meal, beaten eggs seasoned with a little salt and pepper, and in fine bread crumbs. Melt over a moderate fire 2 tablespoons of clarified butter, add a teaspoon of oil, arrange the cutlets in the pan, and sauté them about 12 to 15 minutes or until tender, turning over often to obtain a nice rich golden color. Serve, overlapping, in wreath shape, over any of following sauces: Soubise, Tomato, Montebello, etc.

VEAL CUTLETS À LA MILANAISE:

Trim into a nice shape say 6 rib veal cutlets $\frac{3}{5}$ of an inch thick. Wipe meat, dredge with salt and pepper, roll in melted butter, in grated Parmesan cheese, and in

beaten egg, then in sifted grated crumbs of stale bread seasoned with a little salt and pepper. Sauté until tender as directed in preceding recipe. Have ready a "Macaroni à la Milanaise."

Cut in medallion shape 6 thin lean slices of ham or boiled pickled tongue, or both. Sauté these in a little melted butter until slightly amber-colored, turning over as needed.

Pile the macaroni in center of a hot dish. Arrange the cutlets overlapping around it, alternating them with ham or tongue. Set a chop frill on each bone.

BREADED VEAL CUTLETS AUX FINES HERBES:

Cream 3 tablespoons of butter; stirring, adding $\frac{1}{3}$ teaspoon of salt, a dash of pepper, and, very thinly chopped, $1\frac{1}{2}$ tablespoons of parsley and one teaspoon of shallot. Trim into a nice shape say 6 rib veal cutlets $\frac{3}{5}$ of an inch thick, and wipe. Spread over each cutlet the creamed butter, roll in cracker meal, beaten egg, and sifted crumbs of stale bread seasoned with a little salt and pepper. Sauté until tender as in preceding recipe. Serve over a Soubise Sauce.

VEAL SCALLOPS:

Take scallops of veal, $\frac{2}{3}$ of an inch thick, cut from leg or from fillet, and cook in any manner given for Veal Cutlets or Veal Noisettes.

VEAL NOISETTE À L'ANGLAISE:

Veal Noisettes are often made by taking slices $\frac{1}{2}$ inch thick cut off leg or shoulder of veal. These are shaped in a round form, from $2\frac{1}{2}$ to 3 inches in diameter. Flatten them a little with the cleaver blade. Or utilize rib veal cutlets freed of bone and gristle, 1. for each service.

Prepare and trim in same shape as the noisettes as many slices of lean ham. Roll the veal in a little melted butter and let stand a while. Sauté the ham in a frying-pan with a thick bottom over a good fire, in 2 tablespoons

of clarified butter until golden colored. Remove ham and reserve.

Sauté the veal in the hot butter left in pan, over a rather moderate fire, until evenly golden-brown, turning over as needed; then remove pan to a slower fire and cook until thoroughly done, in all, about 9 to 10 minutes. Remove the veal, dredge over with salt and pepper, and reserve hot.

Pour out the fat in pan, add 3 tablespoons of rich milk or cream, and using a flexible spatula, scrape pan in order to mix thoroughly into the milk the meat glaze at the bottom of pan. Add to the following cream sauce, beat, and strain.

Cream Sauce: Make the Roux with the fat poured from pan. Make the sauce with the following ingredients: 3 tablespoons each of flour and butter, a few grains of Cayenne, $\frac{1}{3}$ teaspoon of salt, a cup of rich milk and $\frac{1}{4}$ cup of thin cream. To serve, arrange each noisette over a French Crouton of same shape as noisette, and place over each one a sautéed noisette and a slice of ham, and mask with the sauce.

VEAL NOISETTE À L'ITALIENNE:

Trim say 6 scallops of veal as directed at "Veal Noisette à l'Anglaise." Roll in the following mixture and let stand 6 hours: Stir in 2 tablespoons oil, 1 teaspoon of salt, 1 teaspoon of fresh-ground black pepper, 2 tablespoons of lemon juice, a few sprigs parsley, and 2 crushed shallots.

Wipe the meat perfectly dry between towels, then cook, make the sauce, and serve as directed above, only leave out the ham and stir into the sauce set in a bath of hot water 2 tablespoons of grated cheese.

VEAL CUTLETS À L'ITALIENNE:

Chop very thinly say 1 pound of raw lean veal meat, removing skin and gristle. Mix well with the following ingredients: a tablespoon of bread crumbs soaked in milk or White Stock, liquor pressed out, a slightly-beaten egg, and salt and fresh-ground pepper as needed. Divide

into 6 balls, flatten them into cutlet shape, roll in cracker meal and beaten egg, then in fine crumbs seasoned with salt and pepper. Sauté as at "Veal Cutlets Breaded." When done serve exactly as directed at "Veal Noisette à l'Italienne," with the same sauce.

BREAST OF VEAL WITH GREEN PEAS:

Order say 2 pounds of breast of veal cut into pieces 2 inches square, and skin removed. Melt in a Dutch oven pot over a good moderate fire, 2 tablespoons of clarified butter or good dripping. Sauté the meat in the hot fat until evenly browned. Remove meat and reserve. Cook in the fat left in pot a sliced onion till amber-colored; then remove onion and reserve, chopped. Blend in the hot fat left in pot $\frac{1}{4}$ cup of flour; stir and cook till browned, and, while stirring, dilute with 2 cups of Brown Stock or water. Stir until smooth and boiling, add the meat, the onion, a kitchen bouquet; and when boiling again, remove to a slow fire to slowly simmer, covered, until meat is tender, seasoning as needed with salt and pepper. Thirty minutes before the stew is done add a cup of shelled green peas. When done remove bouquet, skim off the grease, and correct seasoning to suit taste.

VEAL CURRY:

Using 2 pounds of veal shoulder cut in pieces $1\frac{1}{2}$ inches thick, proceed as directed in preceding recipe, only mix with the flour a teaspoon of curry powder and leave out the green peas.

VEAL BLANQUETTE:

First Method: Cut in pieces $1\frac{1}{3}$ inches thick about 2 pounds of shoulder of veal, skin removed, and with it proceed as directed at "Irish Lamb or Mutton Stew," leaving out the potatoes and carrots.

Second Method: Prepare and cut up the same amount of meat as above. Put in a kettle, add cold water to cover, and bring quickly to a boil. Pour liquor and

meat into a colander placed over a bowl, and strain the liquor through a doubled cheese-cloth into a clean kettle. Quickly rinse the meat in cold water, drain and carefully wipe between towels. Parboil 15 minutes 1 dozen small onions, and drain till dry on strainer. Simmer these 10 minutes over a slow fire in about 4 tablespoons of melted butter, remove onions before they have taken on any color, and reserve. With the butter left in pot and $\frac{1}{4}$ cup of flour make a White Roux. Dilute as usual with the strained liquor while beating constantly until smooth and boiling. Season with $1\frac{1}{2}$ teaspoons of salt and $\frac{1}{6}$ teaspoon of white pepper, add the meat, and when boiling again, remove to a slow fire to slowly simmer, covered, until tender. After simmering 30 minutes, add the onions. When done skim off the grease on top, and correct seasoning to suit the taste with salt and pepper. If desired, add, 20 minutes before done, 1 dozen white mushrooms.

Ways of Utilizing Veal Left-over

VEAL BLANQUETTE WITH LEFT-OVER:

Cut into pieces 1 inch thick any left-over roasted, braised, boiled, or broiled veal, removing all browned dry portions, skin, fat, and gristle. Parboil a dozen rather small onions for 50 minutes, drain and dry on strainer. Simmer a few minutes in about $3\frac{1}{2}$ tablespoons of butter, without coloring. Remove onions and reserve. With butter left in kettle and $\frac{1}{4}$ cup of flour make a White Roux. Dilute with $2\frac{1}{4}$ cups of White Stock or water with a Bouillon Cube added, beating constantly till smooth and boiling. Add about 2 cups of the prepared meat, the onions, and salt and pepper as needed, also a kitchen bouquet including 2 cloves, and as soon as boiling again remove to a slow fire and simmer until the meat and onions are tender. When done remove bouquet, skim to remove grease, and correct seasoning to suit the taste.

VEAL À LA POULETTE WITH LEFT-OVER:

Make a stew as directed in preceding recipe. When done gently stir into the stew, below the boiling point.

two slightly-beaten egg-yolks with a teaspoon of lemon juice added, and cook without boiling until the eggs are set.

BROWNEED VEAL STEW WITH LEFT-OVER:

Proceed as directed at "Veal Blanquette with Left-over," except to sauté the onions in the melted butter over a quicker fire until evenly amber-colored. When blending the flour to the fat left in pan, let it cook until browned, and use Brown Stock if available. Use a little more flour to make the Roux.

It will improve the stew to add remnant gravy of roast veal.

ROASTED OR BRAISED VEAL RE-HEATED:

Re-heat sliced left-over meats in their own sauce or gravy as explained at "Roasted or Braised Beef Left-over," or re-heat them in a Soubise Sauce.

VEAL À LA MARENGO WITH LEFT-OVER:

Cut into pieces 1 inch square and $\frac{2}{3}$ inch thick say two cups of left-over veal, removing dry skin, fat, and gristle. Simmer a sliced onion in a pot over a slow fire, in 1 ounce of butter till amber-colored, then remove onion and reserve. With the butter left in pan and $3\frac{1}{2}$ tablespoons of flour make a Brown Roux. Dilute as usual with $1\frac{2}{3}$ cups of Brown or White Stock, and beat till smooth and boiling, adding $\frac{1}{2}$ cup of Tomato Purée. If available add a little remnant gravy of roast, or some white wine.

Add the meat, and the reserved onion, chopped, season with salt and pepper as needed, and, when boiling again, cover and remove to a slow fire to slowly simmer until tender. Five minutes before done skim off the grease on top, add a few Stuffed Olives and a few canned mushrooms cut in two lengthwise.

VEAL CURRY WITH LEFT-OVER:

Mixing in a teaspoon of curry powder with the flour,

proceed exactly as directed at "Browned Veal Stew with Left-over."

VEAL CROQUETTES:

Utilizing left-over veal, proceed as directed at "Beef Croquettes."

VEAL CHILI CON CARNE WITH LEFT-OVER:

Utilizing left-over veal, proceed as directed at "Beef Chili con Carne."

VEAL PIE WITH LEFT-OVER:

Turn a veal Blanquette or a Browned Veal Stew with Left-over into a buttered pudding or glass oven gratin dish and let it cool. Arrange on top a pie or puff paste cover. Brush over with a beaten egg, make in center a fancy incision for evaporation, and bake 20 minutes or until crust is done.

VEAL INDIVIDUAL PIE WITH LEFT-OVER:

Utilizing left-over veal, proceed as directed at "Mutton or Lamb Individual Pie with Left-over."

DICED VEAL IN CREAM WITH LEFT-OVER:

Utilizing left-over veal, proceed as directed at "Diced Mutton in Cream with Left-over."

CHAPTER XVIII

PORK

PORK is the meat of the pig. Pork is always cooked well done to the center of meat. The lean meat of a young pig will break when pinched and has a white, soft fat; in contrast to which the meat of an old pig has a tough, thick rind.

Fresh and salted lard-pork are both used for larding, and also are spread in thin slices over meat, fowl, game, or fish before baking. Salt pork, bacon, and ham should always be kept on hand. Pig's feet are very rich in gelatine and are often used as a substitute for calf's foot, in making meat jelly.

PORK CHOPS:

Take some rib pork chops about $\frac{1}{2}$ inch thick, trim off superfluous fat and wipe meat. Heat a frying-pan over a good moderate fire, and arrange in the chops. Cook, turning over often until golden brown, then remove pan to a slower fire, and finish sauteing until chops are browned and well done to center, turning over as needed. With a tablespoon, remove the tried-out fat as soon as it appears. Allow about 15 minutes for cooking, and when done remove the chops to a hot serving-dish, and dredge over salt and pepper. Pour fat out of pan, add 2 tablespoons of water, scrape pan to dissolve the meat glaze at the bottom, add a few grains of salt, give a bubble, and pour over chops.

PORK CHOPS AND APPLES:

The apples may be peeled or not according to kind. Remove cores and slice crosswise $\frac{1}{2}$ inch thick. Roll in flour, and shake off superfluous flour. Cook and serve pork chops as directed above, and, while cooking them, take from the pan 2 tablespoons of the tried-out fat, pour it in another frying-pan set over a rather slow moderate fire, place the apples in to just cover bottom of pan, and cook, turning over as needed, until golden-

colored; then finish cooking in the oven until tender. Arrange the apples around the pork chops.

Preparation of Sausage Meat

Force through the meat chopper some lean and fat pork, $\frac{2}{3}$ and $\frac{1}{3}$, cut in pieces and rind removed. To 1 pound of meat add and mix in $\frac{1}{2}$ teaspoon of salt, $\frac{1}{5}$ teaspoon of fresh-ground pepper and $\frac{1}{2}$ teaspoon of sage or thyme, or both mixed.

To make club sausage, substitute for the sage or thyme as much celery seed. In the market the mixture is wrapped in caul pork.

BROILED SAUSAGE AND APPLES:

Separate sausages and pierce each one in several places with a carving fork. Sausage should be cooked in hot sausage fat until browned; or heat a frying-pan of a size adapted to the quantity of sausage, add $\frac{1}{4}$ cup lard and arrange in the sausages to just cover the bottom of pan. Turn over often and cook the sausages in their own rendered fat about 10 minutes or until golden-browned, then drain. Reserve the sausage dripping to cook sausage in later on, or use it to make stuffing with pork meat. Put in another frying-pan 1 or 2 tablespoons of the dripping, and with this fat and some apples proceed as directed at "Pork Chops and Apples."

BOILED SAUSAGE:

Separate the sausages and pierce each one in several places with a carving fork. Turn into boiling water to just cover, bring to a boil again, add 1 teaspoon of salt, and let simmer very slowly 15 minutes. Serve arranged around mashed potatoes.

SAUSAGES À LA GASTRONOME:

Boil or broil as above a small club sausage for each service. Arrange at bottom of a buttered shirred-egg dish a layer of hot mashed potatoes, and lightly press a sausage into the potatoes. Dredge with grated cheese, mask top with a White Italian Sauce or a White Sauce,

sprinkle over grated cheese and buttered crumbs, and bake to a delicate amber color.

BOILED PIG'S HEAD:

Take a half pig's head, allow it to stand 24 hours in an earthen crock, covered with a Corned Beef Brine; then rinse, place in warm water to cover in a kettle over a brisk fire, and bring to a boil. Remove to a slow fire to simmer, covered, very slowly until tender, adding 3 cloves inserted in an onion and a kitchen bouquet. When meat is easily parted from bone, lift it out with the skimmer, cut the meat into pieces, and arrange it around some mashed potatoes on a hot serving-dish.

SPARERIBS BROILED:

Cut a side of spareribs into five or six pieces. Brush them with a little oil or melted butter, and broil as usual to a rich brown color, about 12 minutes. When done remove and dredge over with salt and pepper.

SPARERIBS BOILED:

Cut spareribs as above. Arrange the pieces in a shallow earthen dish, and dredge over $1\frac{1}{2}$ tablespoons of salt. Set it aside in a cold place for 2 or 3 days. Wipe meat, arrange it in a kettle, add warm water enough to cover, bring it to a boil, and add 3 young carrots and 2 cloves in an onion, the onion to be removed when done. Cover, and remove kettle to a slow fire to simmer until tender. Fifty minutes before done, add an Italian curled cabbage, soaked, cleaned, and quartered, and 30 minutes before done, add 3 peeled potatoes cut in half. When done, drain, pile the vegetables in center of a hot dish, and arrange the meat around them.

If lacking the cabbage, 35 minutes before the meat is done, add a bunch of cleaned Swiss chard.

PORK AND BEANS BOSTON STYLE:

Clean a pint of white pea beans, and soak them over night; drain. Soak a half-pound piece of salt pork 1 hour, in lukewarm water to cover. Cut in slices $\frac{1}{4}$ inch

thick, running knife as far down as rind. Turn the drained beans into a kettle in enough cold water to cover. Bring slowly to nearly boiling point, then cook just under boiling point over a slow fire until the skins burst, and drain. Turn into a special earthen pot with a tight fitting cover, and press in the salt pork, rind upwards and level with beans. To a cup of water set over the fire, add a good dash of dry mustard, a teaspoon of salt, and a tablespoon of molasses, bring to a boil, and pour over the beans, adding enough boiling water to cover. Bake, covered, in a slow oven, 7 or 8 hours, or until tender. For the last 50 minutes of cooking remove cover and bake until the beans are tender and well browned. If needed, add a little boiling water.

DEVEILED LEFT-OVER PORK:

Cut left-over cooked pork into slices $\frac{1}{3}$ inch thick, or, without slicing meat, use left-over broiled pork chops or spareribs. Melt 2 tablespoons of butter, stir in a little dry mustard, and add a little salt and pepper. Roll the pork in the butter, then in fine bread crumbs. Arrange on a hot greased broiler over a clear, moderately hot fire, and broil to a rich golden color on both sides.

BOILED HAM:

Scrub the ham in a change of water, then soak it over night in enough cold water to cover. Carefully scrape until very clean. Set in a kettle over the fire, in enough cold water to cover, bring to a boil, then remove to a slow fire where it will simmer very slowly until tender, when the skin will easily peel off, allowing about 20 to 25 minutes to the pound. You may add to the boiling ham 4 cloves driven into an onion, a few peppercorns, and a kitchen bouquet. Virginia Ham is usually boiled without any flavoring. When done, remove the kettle and allow the ham to cool in its own liquor.

To trim the ham, carefully remove the rind without touching the fat, leaving 4 or 5 inches of rind around the bone. Trim off any black adhering to the ham, and using a dry cloth, wipe and press slightly over the fat to absorb as much fat as possible, neatly removing the

thigh bone. It will improve the ham thus trimmed to place it a while in a moderate oven and dry out the fat; or, it may be glazed as directed in the following recipe.

Before serving, set a frill on ham-bone.

HAM À L'ITALIENNE:

Prepare, boil, and trim a ham as above. While ham is still hot, set it in a dripping-pan, dredge over top a little sugar, add to pan a cup of sherry, set in a quick moderate oven, and bake until nicely glazed, basting often with liquor in pan. Dress it over a hot dish or over a socle of rice. Set a paper frill on the ham-bone. Arrange around the socle a Macaroni à la Milanaise. Send a Tomato Sauce in a boat.

GLAZED HAM AND SHERRY SAUCE:

Prepare, boil, trim, and glaze a ham as directed in preceding recipe. Dress the hot ham, with a paper frill on ham-bone, on a socle of hominy. Strain liquor left in pan, free it of grease, reduce it to a glaze, and add it to a Sherry or Brown Sauce.

CHAPTER XIX

POULTRY AND GAME

CHICKEN — TURKEY — PHEASANTS — GEESE — DUCKS —
WILD DUCKS — PRAIRIE CHICKEN — QUAIL — PAR-
TRIDGE — SNIPE — VENISON — HARE AND RABBITS —
PIGEONS AND SQUABS

How to Select a Chicken

A CHICKEN is young and tender when the feet and knees are large and soft, the projecting end of the breastbone soft and flexible, and the skin thin and tender, especially under the wings and legs, which should be pliable and smooth; and when turning the wings backward, they yield easily. Never buy a chicken that has thin legs, knees, or neck.

Very young male chicken are occasionally dispossessed of their reproductive organs and raised for the table. These are called capons. They are best either poached or roasted.

Young, tender chickens are roasted, broiled, baked, casseroleed, or sauted, reserving the older birds for boiling, fricasseeing, or daubing. Ten months is nearly the age limit for a chicken for roasting. For broiling a chicken should be from 3 to 5 months old.

How to Dress and Clean a Chicken

There are two ways to pick the feathers. The first, which is the best, is to pick the feathers with the tips of the fingers as soon as the birds are killed, carefully removing all pin feathers; then singe the bird by holding it over a flame of burning gas, paper, or alcohol, exposing all the bird's surface to the flame successively.

The second method, which is the quickest, but not recommended, should only be followed when time is short or for old birds. It consists of immersing the fowl in hot water just near boiling point for about 20 seconds, moving it around constantly, then lift out, and remove feathers, pin feathers, and skin of feet.

Cut the chicken's head off at the beginning of neck; then, starting at the head end, and using a sharp knife, cut the skin lengthwise over neck, towards and close to body. Fold the neck skin over the breast and cut the neck off close to the body, then cut the neck skin at about three inches from body to leave enough skin to stuff and sew. Introduce the forefinger through the throat into inside of body; turn the tip of finger around to detach and separate the giblets entire and the windpipe; then remove the windpipe and crop. Turn the bird around, make an incision below breastbone just large enough to detach with the fingers the entrails and other organs; then, firmly grasping the gizzard and all firm parts, remove entire the gizzard, liver, heart, etc., being very careful not to break the gall bladder; if it should break, wash immediately in plenty of cold water any parts that have been moistened with black-green liquor from the gall bladder, which would give the chicken a bitter flavor.

Carefully remove the ligaments and organs lying in cavities of backbone. Let cold water run through the inside of the bird, drain thoroughly, then wipe inside and outside perfectly dry, taking special care to clean and trim neatly around the rump.

Carefully pinch, between the tips of the first and second finger, the gall bladder adhering to liver and remove it. Wash liver, wipe between towels, and reserve. Using a sharp knife, make through angled thick side of gizzard an incision as far as inner lining of center sack. With tips of fingers, loosen sack and discard. Wash gizzard and heart, wipe between towels, and reserve. Scald the feet in very hot water, but not boiling, just 20 seconds, then lift them out, remove skins, and cut off the claws. Wash neck, wipe and reserve with the rest, to use as directed.

To Remove the Sinews of the Drumsticks, make a slit lengthwise through the skin one inch long below the knee, or carefully slit the skin over knee-joint so as to expose the bright, cordy sinews lying under the skin. Do not cut these, but run under each one a skewer or one of the prongs of a strong carving-fork, and draw out each tendon (eight in all) one after the other.

How to Stuff a Chicken

Place a little stuffing inside of neck cavity, fold the skin over the back and sew with fine twine and a trussing needle. Then fill inside not more than three-fourths full, as you must allow some space for the stuffing to swell or it will burst through while cooking. Sew the skin carefully as it was, before incision for drawing the bird was made.

How to Truss a Chicken

Taking about a yard of fine twine in a trussing needle, turn wings across the back so the pinions touch, then run the needle through thick part of wing under bone through body and wing on other side; then return in the same way, only passing the needle over the bone. Tie firmly in such a manner as to easily remove the twine. Press the legs against the body, thus raising the breast, and run the needle through thigh, body, and thigh on other side; return in the same way, going around the bone. Tie firmly. Lastly, run needle through ends of legs, return by passing the needle through the rump, and if the opening is badly torn, take stitches.

Geese and ducks, having short legs, are trussed by having the extremity of either leg tied firmly with twine running under the back and fastened with skewers.

How to Disjoint a Chicken for Cooking

A chicken should be disjointed and cut into twelve pieces.

Set the bird on its back. Press and fold a leg backwards, while running knife-blade through skin between leg and body. Fold by bending the leg, thus breaking the membrane, then run knife through sinews between leg and body, and separate the entire leg from body, with a neat cut close to body. In like manner separate the leg at the second joint. Repeat same operation on the other side. Then, cutting through skin and flesh of upper wing-joint close to body, remove the wing, cutting the sinews through joint. Cut off tip of wing, then repeat the same operation on the other side.

Beginning at a point just over the rump, run the

knife along backbone towards the neck, closely following the rib ends, and running the knife as far as the collarbone. If the birds have not been drawn, remove crop, entrails, gizzard, etc. Cut the backbone into four pieces, then, using a cleaver, separate the two breast pieces by a long cut close to breastbone. Wash the soiled pieces and wipe the meat.

How to Carve a Cooked Chicken

Place the cooked fowl with the legs turned toward you. Holding the carving fork with the left hand, pierce the breast, one prong close to breastbone on either side. Hold the bird firmly in place, then, with the carving knife in right hand, run the knife through skin between one leg and the body, and bending the leg back, separate the leg from body with a neat cut at the joint. In like manner separate the drumstick at the second joint. Repeat on other side with the other leg. Cut off the wings through the skin and meat of upper wing-joint close to body, running the knife through joint; then, working the knife-blade parallel to the breastbone, thinly carve the breast meat on either side. Take off also the tender oval piece of dark meat lying on and in either side of backbone.

How to Dress a Chicken for Broiling

Pick and singe the bird. Cut off the feet at the knee-joint, the tips of the wings, and the neck close to the body. With a sharp butcher knife, beginning at the neck, split through entire length of backbone. Remove windpipe, crop, entrails, and breastbone. Carefully wipe meat. Trim neatly around the rump and fold the wings under the opened side. Birds thus prepared are often placed between two dishes and kept in a cold place until needed, to form into shape. You may cut the skinned legs off $1\frac{1}{2}$ inches below the knee in order to decorate with a chop frill when serving.

How to Fillet a Chicken and Use Trimmings

With a small, sharp knife, at top of breastbone, make in skin a straight long cut parallel to breastbone, separat-

ing enough skin from the flesh to make way for the knife to follow closely the breast and wishbone. Neatly scrape the meat from the bones, occasionally lifting the flesh, and detach the entire length of meat, cutting the wings at the joint. The part formed by the breast meat is called the large fillet or suprême of chicken. This part is usually separated by a cut from the wings' meat or fillet mignon of which remove sinews. To skin the large fillet, set it skin downwards over the board, loosen at edge just enough skin from the flesh to introduce a sharp, flexible knife; pinch and hold the skin firmly with the left hand, and with right hand run the knife through the entire length of the flesh, closely following the skin. Trim fillet into a nice shape.

Usually, when cooking the fillet prepared as above, the second joint is added, also the drumstick freed of sinews, and the backbone cut into four pieces, also the two oval pieces of dark meat lying on and in either side of backbone; or these may be cooked separately to be added to the fillet when serving, or they may be utilized to make another entrée.

The carcass may be used with the giblets to make the sauce, soup, etc. The wings and legs of large tender birds are often boned and stuffed with a chicken forcemeat to be prepared, cooked, and served with the fillet.

Recipes for Chicken

CHICKEN STUFFING, I:

Put 3 scant ounces of butter into a bowl. Add about 5 tablespoons of boiling water. When the butter is melted, thoroughly mix in a cup of cracker crumbs. Season as needed with salt, and rather highly with $\frac{1}{2}$ teaspoon each of pepper and powdered sweet thyme or marjoran. At option, add a thinly chopped tablespoon of parsley and a teaspoon of onion juice.

CHICKEN STUFFING, II:

Sauté, for a minute and a half over a brisk fire, the chicken liver and heart, in 2 tablespoons of hot clarified butter or bacon dripping. Remove and reserve. Cook

10 minutes in the butter left in pan, over a slow fire, a very thinly chopped onion and shallot. Remove and reserve. Force through the meat chopper the liver and heart and a slice of ham or bacon left from breakfast, also the lean chicken meat trimmed off neck, skin removed, which has been boiled when making a Chicken Stock II, reserving the chicken stock to make the gravy. Have ready $1\frac{1}{4}$ cups of crumbs soaked in a little hot White Stock or water, liquor pressed out. Mix all the above ingredients together, adding an egg-yolk or a whole egg, a tablespoon of chopped parsley, and about $\frac{1}{2}$ teaspoon each of salt, black pepper, and powdered sweet thyme or marjoran.

CHICKEN STUFFING, III:

Same as Chicken Stuffing II, leaving out ham or bacon and the trimmed meat of chicken neck, and adding $\frac{3}{4}$ cup of sausage meat.

General Instructions for Roast Chicken

When roasting a chicken in the oven, we must remember that the conditions of a closed oven forbid adding any liquid, as steam is incompatible with roasted meat; yet a liquor has to be provided to prevent meat from scorching at bottom. Superior roasted chickens are basted with melted clarified butter, which will scorch at 275° F. while the unflavored vegetal oils burn at about 510° F. If the dripping-pan is brushed with a tablespoon or more of vegetal oil, you may baste the chicken with melted clarified butter without much danger of scorching at bottom, provided the dripping-pan is adapted to size of chicken. Of course, this may be omitted if a slice of lard-pork or bacon is laid over the chicken breast, as is done often with squab chicken.

ROAST CHICKEN WITHOUT STUFFING:

Clean, dress, and truss a $3\frac{1}{2}$ pound plump, tender chicken. Rub surface with mixed salt and pepper, and if any part of skin is bruised, dredge over confusion a little flour. Brush the chicken with melted clarified

butter, and set inside a small bit of butter and a small sprig of sweet thyme. Arrange it on back over a rack in a selected dripping-pan of a size adapted to the bird, having the pan brushed with about a tablespoon of vegetal oil. Set in hot oven, with the fire arranged so that the heat in the oven will remain hot about 15 minutes or until the chicken is seared a golden color, after which the heat can be gradually reduced to a moderately hot oven. Baste every 6 minutes, the first two times with about $1\frac{1}{2}$ tablespoons of clarified butter, and after, with liquor in pan. Turn the bird over twice so it may brown evenly. If the oven is too hot, cover the chicken with a strong greased paper. Allow chicken to bake until tender, from 50 to 60 minutes. Do not dry it out; when the leg and breast meat are tender the chicken is done. Remove the chicken freed of twine onto a shallow dish, wrap it with a blank paper, and reserve hot. Serve with a gravy made as directed below. Send separately a cranberry or currant jelly.

A chicken cooked without stuffing retains to a far greater degree its own delectable flavor.

GRAVY FOR ROASTED CHICKEN:

First Method: To the dripping-pan in which the chicken has been roasted, set over the fire, add a cup or more of a Chicken Stock II made as directed below, and while it is simmering scrape bottom of pan with a basting spoon so as to blend the meat glaze at bottom into the liquor. Simmer a few minutes, strain, free it of fat, re-heat, and thicken to just a table-cream consistency with a little cornstarch diluted in a little of the cooled stock or water. Give a bubble, and remove to a bath of hot water to reserve hot until serving time. Season as needed.

Second Method: Pour out some fat, leaving just enough of it in dripping-pan to blend in and cook until browned $2\frac{1}{2}$ tablespoons of flour, and while constantly stirring, dilute it with a cup of Chicken Stock II. Stir until smooth and boiling, simmer a few minutes, skim off grease on top, and strain.

For a giblet sauce add the chopped gizzard, boiled tender.

CHICKEN STOCK, II:

Prepare and clean the chicken giblets as directed above, scalding the chicken feet 20 seconds in very hot water. Lift them out, and remove skin and claws. Arrange the neck, gizzard, tips of wings, and feet in a kettle over the fire in enough cold water to cover, adding $\frac{1}{3}$ teaspoon of salt. Bring to a boil, add 2 cloves inserted in an onion and a kitchen bouquet, and remove to a slow fire where it will very slowly simmer, covered, until neck meat is tender. Strain and skim fat off top.

ROAST SQUAB CHICKEN:

Trussed squab chicken, with breast covered with a thin slice of lard-pork, are roasted as directed at "Roast Chicken without Stuffing," allowing about 30 minutes for cooking, or until tender.

STUFFED ROAST CHICKEN:

Clean, dress, stuff, sew, and truss a $3\frac{1}{2}$ pound tender chicken, using a Chicken Stuffing I, II, or III, or an Oyster or Chestnut Stuffing. Proceed as directed at "Roast Chicken without Stuffing," and make gravy as directed at "Gravy for Roasted Chicken." A 4-pound chicken cooked in this manner will require about 60 minutes for cooking. When the leg and breast meat are tender, the bird is done.

OYSTER STUFFING FOR FOWL:

- | | |
|---|--|
| 1 cup soft bread crumbs | $\frac{1}{2}$ teaspoon fresh-ground pepper |
| Butter the size of a large egg | 1 tablespoon chopped parsley |
| $\frac{2}{3}$ pint oysters cut in half, tough parts removed | $\frac{2}{3}$ teaspoon salt |
| 3 tablespoons oyster liquor | 1 tablespoon lemon juice or a teaspoon onion juice |

Melt and turn butter over crumbs, add remaining ingredients, and mix. For the raw oysters substitute if desired, $1\frac{1}{2}$ dozen crumbed oysters sauted to a golden color in a little hot melted butter. To crumb oysters roll in cracker meal, beaten egg, and crumbs.

CHESTNUT STUFFING:

Slit the shells of $\frac{2}{3}$ pound French or Italian chestnuts. Broil until tender on a heated oiled perforated pan over a good clear fire of red coal, shaking pan or turning over often, and while they are hot remove shell, then neatly scrape off skins. Or, steam the slitted chestnuts until tender, although chestnuts thus cooked will lose some of their delicate sweetness. Force the toughest chestnuts through the meat chopper, leaving the softest ones whole or cut into halves. Mix thoroughly in a Chicken Stuffing I, in which substitute for the water cream as needed and leave out the chopped parsley. Or, utilize a Chicken Stuffing II or III and omit parsley.

BROILED AND PANNED CHICKEN:

Clean and prepare a spring chicken as explained at "How to Dress Chicken for Broiling." Roll it in 2 tablespoons of melted butter seasoned with $\frac{1}{3}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of black pepper, or, leaving out the salt, season the chicken when nearly done. Arrange on a hot greased broiler over a clear hot fire, flesh of the open side first exposed to the heat. Most of the cooking must be done on this side, as the skin scorches quickly. At the beginning keep flesh side close to the heat; turn over often and keep skin side exposed only a few seconds to the heat, or keep skin side away from the heat. Broil until tender, from 20 to 22 minutes, basting occasionally with remaining melted butter. As soon as chicken surface is golden-colored, remove gradually from heat source or reduce the heat, and finish broiling the chicken until tender and richly golden-browned.

Lacking a hot clear fire for broiling, heat over a good fire a frying-pan of a size adapted to the bird. When hot add a tablespoon of vegetal oil, and put in the chicken rolled in melted butter, open flesh side downwards. Broil until surface underneath is slightly amber-colored, turn over, broil a few seconds skin side downwards, and repeat the turning until the bird is evenly and richly golden-browned on both sides; then season with salt and pepper, set pan in a moderately hot oven and finish

cooking the chicken until tender. Turn over as and when needed. A flat lid with a small weight over top may be set over chicken in oven, to keep the bird pressed into shape.

To serve, split the chicken in two, dress it over buttered toast, and put a frill of paper on each leg bone. Spread over chicken a little creamed butter with a few drops of lemon juice added; or with a *Maître d'Hotel* Butter. Garnish with toast points, quartered lemon, and watercress or parsley.

BROILED CHICKEN, TARAGON SAUCE:

Broil a spring chicken as above until tender. When done, remove and let partly cool. Or utilizing left-over broiled chicken, cut it into half, separate the leg and wing quarters, and remove most of the bone without altering shape. Roll in a little melted butter seasoned with salt and pepper, then in fresh fine-grated crumbs of stale bread. Arrange on a hot greased broiler over a moderate clear fire until nicely golden-colored, turning over as needed. Serve the chicken with a cup of *Velouté Sauce* made with a *Chicken Stock II*, adding to sauce a dozen thinly chopped taragon leaves and a few drops of lemon juice.

CHICKEN IN DAUBE:

This recipe is best adapted to old, tough chicken. Use a *Chicken Stuffing II* or *III*. Clean, dress, stuff, sew, and truss the chicken. Before stuffing, dredge inside with salt and pepper and set in a small sprig of sweet thyme. Rub chicken with a crushed bean of garlic or with a slice of lemon, and insert in breast some thin lardoons of salt-pork. In a Dutch oven pot, set over a good fire, add a few trimmings or slices of salt pork and $1\frac{1}{2}$ tablespoons of clarified butter. Sauté the chicken in the hot butter till evenly golden-colored, turning over as needed. Remove to a slow fire, add a sliced carrot and onion, and cook them till amber-colored; then add 3 cloves, a few pepper-corns, a kitchen bouquet, and a split calf's foot cut into pieces. Then add, to half cover the

chicken, a hot Chicken Stock II made of giblets and chicken feet. Sprinkle over chicken a little salt and black pepper; add if available a little white wine or sherry. Cover with greased paper, bake in slow oven until tender, or 3 to 5 hours. Turn over and baste occasionally. One and a half hours before done, add a dozen parboiled small onions, previously sautéed in a little melted butter until amber-colored. When done remove the chicken freed of twine onto a hot serving-dish, arrange the onions around it, pour over a little of the hot sauce, and send remainder in a boat.

Sauce: Strain liquor, skim off the grease on top, and if calf's foot has not been used, thicken as directed at "Gravy for Roasted Chicken."

CHICKEN À LA VALENCIENNE:

Clean and dress a plump, tender chicken of say $3\frac{1}{2}$ pounds, and stuff, sew, and truss as for entrée, using a Chicken Stuffing III, to which add 3 thinly chopped mushrooms sautéed in butter.

Place in a braising pot over a good fire 1 teaspoon of oil and 2 tablespoons of clarified butter. When hot add $\frac{2}{3}$ cup of lean ham cut into dice $\frac{1}{3}$ inch square; then sauté the chicken in the hot fat until evenly golden-colored, turning chicken and ham over as needed. To pot removed to slow fire, add, to just half cover the bird, a hot Chicken Stock I or II, 2 cloves driven in an onion, and a kitchen bouquet; dredge over chicken $\frac{1}{2}$ teaspoon of salt and $\frac{1}{6}$ teaspoon of black pepper. Cover with a greased paper, and bake in a slow moderate oven until tender, or about 1 hour and 15 minutes. Baste occasionally with liquor in pot, and turn over twice.

When done, remove chicken, free it of twine, and reserve hot. Strain the liquor in pot, carefully remove all the diced ham, and reserve. Skim off the fat on top of the strained liquor, bring to a boil, and stir in the reserved ham and $\frac{1}{4}$ cup of washed rice. Stir until boiling and cook until rice is tender. Drain the rice and reserve hot. There should be $\frac{2}{3}$ of a cup of strained rice liquor; if more, reduce it. Gently stir into the rice-ham mixture $\frac{1}{4}$ cup of Bechamel or Allemande Sauce

and a few bits of butter, season as needed, and reserve hot. To make the sauce add to the strained rice liquor $\frac{2}{3}$ cup of thick Tomato Purée, beat until boiling, and simmer a few minutes. Skin and season as needed, then strain.

Dress the chicken over center of a hot serving-dish, arrange around border of dish a ring of the rice mixture, and around the chicken some medallion slices of lean ham sautéed in butter to a brown color. Send sauce in a boat.

CHICKEN WITH RICE:

Disjoint and cut a chicken into pieces as directed at "How to Disjoint a Chicken for Cooking." Rub the meat with a bean of garlic or a lemon slice. Have ready a Chicken Stock II made with the giblets, and a ham bone or some trimmings of ham added, or both. In a braising oven pot set over a good fire add a little salt pork trimming and 2 tablespoons of clarified butter, and when hot put in the chicken with a thick slice of lean ham, diced. Sauté the chicken and ham in the hot fat until evenly golden-colored, adding a sliced carrot and onion, and turning over as needed; then remove to a slow fire, dredge over salt and pepper, and add a cup of hot Chicken Stock. Or, using only half a cup of stock, add 2 quartered skinned tomatoes, seeds removed, then 2 cloves, and cover with a greased paper and bake in slow oven until tender, the time depending on age and quality of bird, a tender chicken taking about an hour and a quarter, and an old one 3 to 5 hours. With an old bird, it will be necessary to add hot stock as and when needed, also a teaspoon of vinegar, as this will help to cook the bird tender. When done, remove the chicken and reserve it hot, freed of twine; remove also the diced ham and reserve it. Re-heat to a boil $1\frac{2}{3}$ cups of Chicken Stock II with the reserved ham added. Stir in $\frac{1}{2}$ cup of washed rice, cook as usual until tender, drain, and dry at oven door open. Reserve the rice liquor. Pile the rice onto center of a hot serving-dish, arrange the chicken around it, and pour the sauce over the whole.

Sauce: Add the rice liquor to the braising pot contents and give a bubble. Strain, free it of grease, re-heat and reduce it a little.

CHICKEN À LA MONTMORENCY:

Clean and dress a plump, tender chicken weighing $3\frac{1}{2}$ pounds. Insert into breast thin lardoons of salt pork, truss the legs inside as for entrées, and stuff with the following mixture: Sauté, as usual, 4 chicken livers. Thinly chop the liver and an equal bulk of cold boiled ham. Mix, seasoning as needed with salt, pepper, and a dash of powdered sweet thyme. Sauté the chicken in a Dutch oven pot set over a good fire, in a teaspoon of oil and a tablespoon of clarified butter until evenly amber-golden-colored, turning over as needed. Remove, set the pot over a moderate fire, and in fat left in pot, simmer for a few minutes a sliced carrot and onion. Put in the chicken, dredge with salt and pepper, add $\frac{2}{3}$ cup of Chicken Stock II, and if available, a little white wine; then add a kitchen bouquet, cover with greased paper, and bake until tender in a moderate oven, about 1 hour or longer, basting often with liquor in pan. Dress the chicken freed of twine over a hot serving-dish, pour over it the strained reduced liquor, freed of fat, and arrange around it Artichoke Bottom Stuffed with a Mushroom Purée or Tomato Stuffed III, or both.

CHICKEN FRICASSEE, I:

Clean and prepare a tender plump $3\frac{1}{2}$ pound chicken as directed at article "How to Disjoint a Chicken for Cooking," removing the drumstick sinews. With the giblets prepare a Chicken Stock II, and strain into a kettle over the fire; when boiling, add the chicken cut in pieces, the liquor covering the meat. Bring it quickly to a boil, add a clove inserted in an onion, a kitchen bouquet, and $\frac{1}{3}$ teaspoon of salt, cover, and simmer very slowly over a slow fire until tender, or from 50 minutes to an hour. Carefully drain, wipe meat between towels, and simmer a few minutes in a little melted butter over a slow fire without allowing it to color, dredging over

a little salt and pepper. Reserve hot, skim the fat off the top of the strained chicken liquor and reduce liquor to a pint. Melt 4 tablespoons of butter in a saucepan over the fire, blend in as much flour and a few grains of Cayenne, and, while stirring constantly, dilute with the chicken liquor, slowly added. Stir until smooth and boiling, then remove to a slow fire where it will bubble at one point 20 minutes; skim. While beating in a bowl 2 or 3 egg-yolks with a teaspoon of lemon juice added, add a little of the thickened liquor; combine this with the thickened sauce, stir, and cook under boiling point until the eggs are set. Before serving beat into sauce a few bits of best butter, or if desired, add $\frac{1}{3}$ cup of thick cream and a dozen canned mushroom bottoms cut in two lengthwise, seasoning with a few grains of salt and white pepper to suit taste.

Arrange lengthwise on center of a hot serving-dish the pieces cut off back of chicken, over these dress the drumsticks, crosswise, and at each end of dish set a wing. In center arrange the breast pieces, and in the open space on either side the two second-joint pieces of the legs. Mask the whole with the sauce. Garnish around border with toast points.

CHICKEN FRICASSEE, II:

Prepare an old chicken, disjoint, and cut into pieces as directed before. Cook, and make sauce as directed in preceding recipe, except allow much more time for cooking, varying with the age and quality of bird, usually from 2 to 4 hours. While cooking, add a little vinegar to help make the meat tender.

The old-chicken flavor may be removed by washing, before cooking, in tepid water with soda added; drain, wash, rinse and wipe perfectly dry between towels; then rub each piece with a crushed slice of garlic, and it may also be necessary before simmering the cooked chicken in the butter to remove some of the thick skin and excess fat.

CHICKEN À LA MARYLAND:

Prepare two squab chickens as directed at "How to Dress a Chicken for Broiling," cutting the feet off at

the knee-joint. Cut the chicken in half, and each half into 2 pieces. Wipe meat, dredge over with salt and pepper, roll in flour, shaking off superfluous flour, then roll in beaten egg and in fresh fine-grated crumbs of stale bread. Heat in a thick-bottomed frying-pan of a selected size a teaspoon of oil and 2 tablespoons of butter. Arrange chicken in pan and sauté to an even, delicate golden color, turning over as needed. Then set the pan in a rather hot moderate oven, and bake until chicken is tender, about 25 minutes, turning over as needed to finish the article richly golden-browned, basting at 5-minute intervals, twice with a tablespoon of melted butter and after that with liquor in pan. Arrange the chicken over buttered toast, mask it with a pint of White or Cream Sauce, and arrange over each piece of chicken a slice of crisp broiled bacon. At option arrange around dish corn fritters or toast point.

CHICKEN COUNTRY STYLE:

Prepare and cook two squab chickens as directed at "Chicken à la Maryland," only, before cooking the chicken, rub each piece with a bean of garlic or a slice of lemon; then dredge over with salt and pepper, and roll in flour. Bake as directed until tender. To serve, arrange the chicken on buttered toast. Send a Bearnaise or Cream Sauce, separately.

CHICKEN EN CASSEROLE:

Select and prepare a tender young plump chicken weighing 3 pounds. Remove drumstick sinews. Disjoint and cut in pieces as directed at "How to Disjoint a Chicken for Cooking." Make with the giblets, neck and skinned feet a Chicken Stock II, omitting the carrot and onion, but adding a small piece of lean raw ham. When done strain, skim off the grease, and re-heat just enough stock to cover meat and vegetables. Scoop a few small olive-shaped balls out of young red carrots and peel as many tender onions the size of large cherries. Parboil the carrots and onions a few minutes, drain and wipe dry. Cook vegetables in a frying-pan in 2 table-

spoons of clarified butter until slightly amber-brown, and drain. Turn vegetables into the boiling Chicken Stock and boil 40 minutes.

Dredge over chicken a little salt and black pepper, then 3 tablespoons of flour. To fat left in pan, set over a good fire, add a tablespoon of bacon fat. When hot add the chicken and sauté until golden-brown. Stirring with a wooden spatula, gradually add the Chicken Stock, then the carrots and onions. Let it bubble a minute while stirring. Transfer into a casserole, tightly cover, and cook in a slow moderate oven until tender, about 1 hour and 10 minutes, bubbling just at one point.

Parboil a few small scooped balls of potato 13 minutes and drain. Eight minutes before the chicken is done, skim the grease from top of chicken mixture. Add the potatoes, correct seasoning to suit the taste, and add 2 tablespoons of sherry or thick cream. Cover, and finish cooking as directed before.

CHICKEN À LA CHEVALIÈRE:

Take up the fillets of two plump pullets as directed at "How to Fillet a Chicken." Cut each large fillet into 2 pear-shaped pieces and insert in these thin lardoons of larding-pork. Then insert in fillet mignon thin strips of truffle. Roll the chicken fillets in a little melted butter seasoned with salt and pepper, and arrange them in shallow pan to just cover bottom, set on each a thin slice of salt pork, add $\frac{1}{2}$ cup of Meat Glaze, and bake in a rather moderately hot oven until tender and nicely glazed, basting often with liquor in pan. When done, remove and reserve hot.

Sauté over a brisk fire, in $2\frac{1}{2}$ tablespoons of butter with a teaspoon of oil added, the remaining good edible pieces of chicken until evenly browned. Remove the meat and add it to the following sauce:

Sauce: With the fat left in pan and 4 tablespoons of flour, make a Brown Roux, and while beating constantly till smooth and boiling, dilute with $1\frac{3}{4}$ cups of Chicken Stock. Add the sauted meat, any available chopped trimmings of truffle and mushrooms, of which

reserve the buttons or caps to blanch, and add to sauce before serving. When boiling is resumed remove to a slow fire to simmer slowly covered until meat is tender. When done turn it into a sieve placed over a small saucepan. Add to sauce the Glaze left in pan used to cook the fillets.

Arrange the piece of meat on a hot serving-dish, and reserve hot. Lift out the sieve, skim the grease off top of sauce, re-heat it, beat in two slightly-beaten egg-yolks, stir, and cook below the boiling point until the eggs are set; add the blanched mushroom buttons, seasoning to suit taste, and arrange the reserved fillets over the small pieces of chicken, in a nice shape. Mask the whole with the sauce, and arrange around it the blanched mushrooms.

CHICKEN WITH GREEN PEAS:

Clean, disjoint, and cut into 12 pieces a tender young chicken. Put in a flat saucepan over a good fire 6 ounces of lard-pork cut into dice. When the fat is rendered a little, arrange in the chicken and sauté until evenly and delicately amber-colored. Turn over as needed, dredge over with salt and pepper, then add $\frac{3}{4}$ cup of hot Chicken Stock II, two green onion tips, and, when boiling again, cover and remove to a slow fire. Let simmer 20 minutes, then add 1 cup or more of fresh shelled green peas and a dash of sugar, and cook until chicken and peas are tender. When done skim off the fat on top, then, while shaking pan, add a tablespoon of flour kneaded with as much butter, and cut into bits. Give a bubble or two. Serve.

CURRIED CHICKEN:

Clean and disjoint a tender chicken into 12 pieces. Melt over a good moderate fire 2 tablespoons of clarified butter with a teaspoon of oil added. Sauté the chicken in the hot fat until just amber-colored. Remove chicken and reserve. Simmer a few minutes in fat left in pan 2 sliced shallots, remove and reserve the shallots chopped. Blend in butter left in pan $3\frac{1}{2}$ tablespoons of flour mixed with a teaspoon of curry powder, and while stir-

ring constantly with a wooden spoon, dilute with 1 pint of hot Chicken Stock II. Stir until smooth and boiling, add chicken and onion, season as needed with about $\frac{1}{2}$ teaspoon of salt and $\frac{1}{5}$ teaspoon of black pepper. When boiling again, remove to a slow fire to simmer covered until meat is tender. When done skim off the fat on top, pile chicken on a hot dish and arrange around it a ring of boiled rice.

If the chicken is old it will have to be cooked cut in pieces, in Chicken Stock II, enough to cover, until tender. Then lift out the chicken. Strain the liquor, free it of fat, re-heat, thicken as above with curry and flour, and pour over chicken.

CHICKEN SAUTED WITH ARTICHOKE:

Clean and disjoint into 12 pieces a tender spring chicken, and sauté as directed in preceding recipe, until amber-colored; remove and reserve the chicken hot. To pan removed to a moderate fire add 6 or more quartered artichoke bottoms previously blanched until nearly tender, simmer a few minutes, turning over, then remove and reserve hot.

In fat left in pan simmer for a few minutes a thinly chopped shallot. If available, add 2 tablespoons of white wine and reduce it to a glaze. Add $\frac{1}{4}$ cup of Meat Glaze or Consommé and bring it to a bubble. Arrange in the chicken and artichoke, dredge over a little salt and pepper, cover, and very slowly simmer till meat is tender.

CHICKEN SAUTED À SEC:

Prepare and clean a spring chicken, disjoint and cut into 12 pieces. Wipe meat. Simmer a sliced shallot a few minutes in a thick-bottomed frying-pan in 2 tablespoons of clarified butter with a teaspoon of oil added, then remove shallot and reserve, chopped. In the fat left in pan sauté the chicken over a brisk fire until evenly browned, tossing or turning over as needed. Dredge over with salt and pepper, remove pan to a very slow fire, add $\frac{1}{5}$ cup of Meat Glaze, the shallot and a tablespoon of white wine. Cover, and simmer very slowly until meat

is tender. If desired, add a few small canned mushroom buttons. Dress the meat over a hot serving-dish. If white wine has not been used, stir into sauce a teaspoon of chopped parsley and a few drops of lemon juice. Pour sauce over meat. Garnish with toast points.

CHICKEN SAUTED À LA TYROLIENNE:

Clean a tender spring chicken, and cut into 12 pieces. Sauté the chicken until amber-colored as directed at "Chicken Sauted with Artichoke." Remove chicken and reserve hot. To pan removed to a moderate fire, add, thinly chopped, an onion and a shallot, also 2 lean slices of ham cut into dice. Stir and cook until the onions are amber-colored. Add 2 tablespoons of meat glaze, 4 skinned and quartered tomatoes, seeds removed, a kitchen bouquet including 2 cloves driven into a bean of garlic. Stir bottom of pan until boiling, add a teaspoon of salt, and a green pepper cut into dice, arrange in the chicken, cover, and simmer until the chicken is tender. Remove bouquet and garlic, skim off the grease on top, turn on a hot serving-dish, and dredge over top some chopped parsley.

CHICKEN PIE:

Parboil for 50 minutes two ½-inch slices of rather lean lard pork. Drain, and cut into dice. Clean a tender chicken, disjoint, and cut into 12 pieces; arrange in a kettle, add to just cover a boiling Chicken Stock II, bring quickly to a boil, adding the salt pork and a teaspoon of salt, then let simmer slowly covered until tender, about 50 minutes. Thirty minutes before done add 2 or 3 green onion tips, and 20 minutes before done add about 1 cup of scooped potato balls and a dash of white pepper. Ten minutes before done remove bouquet, skim off the fat on top, then gently stir in 3½ tablespoons of flour diluted in a little cold water. When done season as needed, turn mixture into a buttered shallow pudding-dish, and allow it to partly cool. Arrange on top a pie or puff paste cover, brush with a beaten egg, make an incision in center, and bake in a hot oven until browned.

CHICKEN LIVER SAUTÉD:-

Wash 6 or 8 chicken livers, wipe perfectly dry between towels, cut each liver into 2 or 4 pieces, according to size, roll in a tablespoon of oil, and let stand a while. Sauté in a hot frying pan, in a tablespoon of melted butter over a brisk fire, about 2 minutes or until evenly browned, tossing or turning them over often. Dress the liver over buttered toast on a hot serving-dish, and dredge over with salt and pepper. To pan set over a slow fire add $1\frac{1}{2}$ tablespoons of Meat Glaze or water, scrape meat glaze from bottom, give a bubble, add a few grains of salt, and pour over liver.

Bacon dripping is often used to sauté liver.

CHICKEN LIVER BROCHETTE:

Proceed with washed liver, wiped between towels, as directed at "Calf's Liver Brochette."

CHICKEN IN CREAM, for Filling Patty Shells, Cases, Etc.:

Cut into short scallops left-over chicken or turkey to obtain $1\frac{1}{2}$ cups, skin, fat, and gristle removed. Mix with one cup of Thick White Sauce II, and correct seasoning to suit the taste.

CHICKEN IN RAMEQUINS:

Fill some buttered ramequins with the above mixture, dredge over some buttered crumbs, and bake to a delicate golden color.

CHICKEN TIMBALE, I:

Butter a quart mold and ornament it with figures stamped out of sliced truffle, then chill. Fill mold with a Chicken Cream Force meat, cover with oiled paper, and poach as usual till firm on top center, in a slow moderate oven. Serve with a Poulette or Velouté Sauce.

CHICKEN TIMBALE, II:

Butter a quart mold and ornament it as in preceding recipe, or ornament it with figures stamped out of sliced

blanched carrots, fresh blanched green peas, and small cauliflower flowerets. Chill. When firm spread over bottom and side of mold a layer nearly an inch thick of Chicken Cream Force meat, then fill center with a Chicken in Cream for Filling of Patty Shells, as directed in that recipe, adding to this filling 3 slightly-beaten egg-yolks. Correct seasoning as required, then cover top of timbale with a layer of force meat, poach, and serve as Chicken Timbale I.

CHICKEN TIMBALE, III:

Proceed as directed at Chicken Timbale II, substituting for the Chicken Cream Filling a Financière Filling for Patty Shells, to which 3 slightly-beaten egg-yolks have been added.

CHICKEN MOUSSE:

Proceed as directed at Salmon Mousse, substituting for the salmon some raw chicken white meat pulp, leaving out the carmine coloring. Serve with any one of the following sauces: Velouté, Poulette, or Bechamel Sauce.

CHICKEN CREAM FORCEMEAT BORDER WITH VEGETABLES:

Butter a border mold, fill it with a Chicken Cream Force meat, cover it with an oiled paper, and poach as usual until firm on top center. Carefully unmold on a hot serving dish of size adapted to ring, and fill center with any one of following vegetables: Green Peas or Asparagus à la Française, Spinach au Velouté, Artichoke Bottoms Sauted, etc.

CHICKEN TAMALES:

Boil a hen until just tender, adding salt as needed and a kitchen bouquet, 2 cloves inserted in an onion, a bean of garlic, and 2 green peppers. Drain and skim stock. Dice half of the chicken meat, removing skin. Place in a bowl, and add, very thinly chopped, a slice of garlic and a tender onion. Season as needed with a

few grains of salt and Cayenne and with about $\frac{1}{4}$ teaspoon of Chili powder. Put in a bowl a cup of white cornmeal, $\frac{1}{3}$ teaspoon of salt, and, while stirring, add slowly just enough boiling Chicken Stock to obtain a paste thick enough to handle. Immerse some large, selected corn husks in hot water, and let stand until soft; drain. With 5 or 6 husks form a wrapping for each tamale. Spread on center of each cover a heaping tablespoon of the cornmeal paste, and on center set a compact ball of the prepared chicken. Wrap the cornmeal mixture over the chicken mixture, entirely encasing the chicken in the cornmeal on the husks. Roll husks around the ball formed by the mixture, twisting them, and tie with string on each side, then cut the projecting husks at about two inches from the ball. Arrange the tamales in a kettle, in boiling chicken stock to cover. Bring to a boil, cover, then remove to a slow fire to simmer 30 minutes.

Chicken Entrées with Left-overs

CHICKEN DELMONICO WITH LEFT-OVER:

Removing sinews, gristle, skin, and fat, from left-over chicken or turkey take about 3 cups of rather thick pieces of meat. Trim into nice shape, and simmer in a shallow pan over a slow fire in $1\frac{1}{4}$ tablespoons of melted butter, turning over as needed until all the butter is absorbed; then add $\frac{1}{4}$ cup of sherry. Bring it just to a bubble, remove, cover and reserve hot.

Have ready $1\frac{1}{2}$ cups of Cream Sauce, which reserve in a bath of hot water.

Eight minutes before serving, stir in a small saucepan 2 or 3 egg-yolks while adding the sherry reserved with the meat, leaving the meat in pan; then set the small saucepan in a bath of hot water, and continue to stir until mixture has thickened.

When ready to serve, combine the two sauces, add a little thick cream or a few bits of butter, and beat until smooth, seasoning to suit taste with a few grains of salt and Cayenne. Pour sauce over meat arranged on a hot dish. Garnish around dish with pimento and truffle.

CHICKEN À LA MARENGO WITH LEFT-OVER:

Take some nice pieces of left-over chicken or turkey as directed in preceding recipe, and simmer in butter as there directed, leaving out the sherry. When done, remove and reserve hot. To $\frac{1}{2}$ cup of Brown Sauce, over the fire, add $\frac{1}{2}$ cup of Tomato Purée or Sauce. Stir and simmer a few minutes. If available add 2 tablespoons of white wine; then add some canned mushroom buttons and stoned olives, which may or may not be stuffed with a Chicken Forcemeat made with chicken trimmings.

To stuff and poach the olives, proceed as directed at "Stuffed Olives." Simmer very slowly 1 minute, and correct seasoning to suit the taste. Arrange the reserved chicken on a hot dish, and mask the whole with the sauce.

CHICKEN À LA POULETTE WITH LEFT-OVER:

Cut left-over chicken or turkey in even pieces and remove larger bones and browned skin, trimming in nice shape. Simmer in a little melted butter over a slow fire without coloring, until they have absorbed the butter. Put them in a Poulette Sauce.

SCALLOPED OR DICED CHICKEN IN CREAM:

Scallop or dice left-over turkey or chicken, removing skin, gristle, and bones. Simmer over a slow fire in a tablespoon of melted butter without coloring. Toss or shake pan until all the butter is absorbed. Add the meat to a White or Cream Sauce placed in a bath of hot water. Correct seasoning to suit the taste. Serve on buttered toast, garnishing with toast points.

FRIED CHICKEN WITH LEFT-OVER FRICASSEE OF CHICKEN:

Utilizing cold left-over Chicken Fricassee that has cooled in its own sauce, roll the pieces coated with sauce in a beaten egg seasoned with salt and pepper, then in fine bread crumbs. Fry in hot, deep fat, to a delicate golden color. Serve with any one of the following hot sauces: Poulette, Hollandaise, Bearnaise, Muslin, etc.

CHICKEN À LA VILLEROY WITH LEFT-OVER:

Cut left-over chicken or turkey into nice pieces, removing larger bones, skin, and gristle. Dip in a hot Villeroy Sauce. Arrange the pieces separately on a cold dish, and set aside in a cold place until firm; then roll in fine crumbs, beaten egg, and crumbs seasoned with salt and pepper. Fry in hot deep fat to a crisp golden color. Serve on folded napkins, garnishing with quartered lemon and parsley. Send the remaining Villeroy Sauce in a boat, separately, after it has been thinned to the right consistency by beating into it some hot Chicken Stock.

CHICKEN RISSOLE:

Scallop left-over chicken or turkey, sinew, gristle, and skin removed, to obtain say $1\frac{1}{3}$ cups of meat. Mix in a cup of Thick White Sauce II. Correct the seasoning to suit the taste, with a few grains of salt and Cayenne. Shake pan to mix, remove, and let cool. Roll out on a slightly floured board some rich pie or puff paste in a sheet about $\frac{1}{4}$ inch thick. Cut into discs of about 6 inches in diameter. Arrange on center of each about $\frac{1}{3}$ cup of creamed chicken, and fold half of disc over other half, wet the edges and pinch or twist together in a fancy shape, brush with a beaten egg-yolk, and bake in a hot oven about 20 minutes, or until crust is done. Serve hot on a folded napkin.

CHICKEN BALTIMORE WITH LEFT-OVER:

Cut left-over chicken or turkey into nice pieces, removing larger bones, skin, and gristle. Dredge over with salt and pepper, roll in cracker meal, beaten egg, and crumbs. Fry in hot deep fat to a crisp golden color. Serve same as Chicken à la Maryland.

CHICKEN CROQUETTES, I:

Utilizing remnant chicken or turkey, proceed as directed at "Beef or Veal Croquettes."

CHICKEN CROQUETTES, II:

Cut into small dice $1\frac{1}{2}$ cups of left-over chicken or turkey, removing brown dry skin, fat, and gristle. Dice a thin slice of cold boiled lean ham. If desired, add a few canned mushrooms, chopped. Plan for $1\frac{2}{3}$ cups of solid material, and mix it in the following sauce, season as needed, and spread it over a buttered dish to cool.

Reduce $1\frac{1}{2}$ cups of rich Chicken Stock to $\frac{2}{3}$ cup. Melt 3 tablespoons of butter over the fire, blend in as much flour, with a few grains of Cayenne, and dilute with the boiling stock while stirring with a wooden spatula until bubbling; then stir in two slightly-beaten egg-yolks. Stir and cook 6 minutes, below the boiling point, and season as needed.

Shape the croquettes in cylindrical or cutlet shape. Roll in cracker meal, beaten egg, and bread crumbs. Fry in hot deep fat to a delicate golden color. Serve with any of the following sauces: White, Cream, Tomato, or Muslin Sauce, etc.

CHICKEN CROMESQUIS:

Have ready a minced chicken-ham and mushroom preparation made as directed at "Chicken Croquettes II." Mix with same sauce as there directed and cool. Divide the mixture into balls the size of an egg, roll into cylindrical shape, wrap each one in caul veal; or, wrap in a thin small French Pancake or in a thin slice of bacon fastened with a buttered toothpick, this to be removed when done. Dip in a Batter I or II and fry in hot deep fat to a crisp delicate golden color. Serve hot and crisp with a Muslin Sauce.

CHICKEN SOUFFLÉ:

Make a cup of White Sauce as usual with 2 tablespoons of butter, as much flour, a few grains of Cayenne, $\frac{2}{3}$ teaspoon of salt, and a cup of milk; remove from fire, then stir in sauce 3 beaten egg-yolks and let cool. Cut into pieces a half-pound of left-over chicken meat or turkey, skin, fat, and gristle removed. Pound in a

mortar, then rub through a sieve with the following: 1 ounce of Panada, 3 chopped mushrooms, and 1 teaspoon of chopped parsley. Mix this pulp in the above sauce, and season as needed, cool. Thirty minutes before serving, fold in three egg-whites beaten to a stiff dry froth. Arrange in buttered soufflé dish, bake 30 minutes in a moderate oven, and serve at once with a Muslin or Mushroom Sauce.

CHICKEN PIE WITH LEFT-OVER:

Have ready a Scalloped or Diced Chicken in Cream mixture prepared as directed in a preceding recipe. Turn into a buttered shallow pudding dish and allow it to cool. Arrange on top a pie or puff paste cover, brush with a beaten egg-yolk, make in center an incision to allow evaporation, and bake in a hot oven about 20 minutes or until crust is done and browned.

SAUCE TO RE-HEAT LEFT-OVER CHICKEN OR TURKEY:

Slice left-over chicken or turkey, trim the slices into nice shape, removing skin, fat, and gristle. Re-heat them without boiling in any one of the following sauces: White, Cream, Brown, Mushroom, Sherry, Poulette, or Muslin Sauce.

Recipes for Turkey

Turkey is at its best in the early winter months, when it is young and fat. Young turkeys have soft, flexible, nearly black feet, very short spurs, the breast is smooth and flexible, and the skin looks clear and unwrinkled. The female has finer meat than the male. Old turkey is indicated when the spurs are large, the feet scaly, the legs hard, and the projecting breastbone rigid. When turkeys are two years old or older, their feet become reddish and hard, and the birds are then tough.

ROAST TURKEY, STUFFED:

Pick, clean and dress a tender young turkey. Stuff it about $\frac{2}{3}$ full, then sew and truss, using twice the quantity of each ingredient as directed in any of the

following: Chicken Stuffing, I, II, III, or Chestnut or Oyster Stuffing for Chicken. Rub the bird's entire surface with mixed salt and pepper, then brush with melted clarified butter. With oil brush slightly a dripping-pan of a size adapted to the bird, and have ready a rather hot oven with the fire so arranged that the oven will remain hot for 15 or 20 minutes, or until the bird is slightly golden-colored, after which the oven can be reduced to a good moderate heat. Place the bird on its back over the rack in dripping-pan, set it in the hot oven, baste every 6 minutes for the first half-hour of baking, the first two times with $\frac{1}{4}$ cup of melted clarified butter, and after that with liquor in pan. As soon as the oven heat has been reduced, baste turkey every 15 minutes, and turn the bird over several times so it may brown evenly. Usually it is desirable after the bird has been 30 minutes in the oven, to cover it with a strong greased blank paper. Allow about 16 minutes' baking to the pound, the time depending on quality and age of the bird. A choice 12-pound turkey cooked in this manner will be done in about 2 hours. The turkey should be removed as soon as it is tender. This is ascertained when the breast and drumstick yield to the pressure of the finger. It should then be removed, as a longer cooking will dry it out. Place the bird, freed of twine, on a hot serving-dish, and wrap it in a blank sheet of paper to reserve hot.

Sauce: Make the sauce as directed at "Gravy for Chicken." Send sauce in a boat and send separately a cranberry jelly.

ROAST TRUFFLED TURKEY:

Grate $\frac{4}{5}$ pound of fresh fat lard-pork, and put in a small saucepan over a slow fire, adding half a bay leaf, which remove before stuffing the bird. As soon as the lard is rendered, add 7 or 8 canned truffles, or one for each service. The truffles may be quartered or not, as desired. Allow the mixture to stand 15 minutes over a slow fire, without bubbling. Turn it into a bowl and

let stand until chilled. Wash the liver and wipe between towels, cut it in pieces, pound, and rub through a sieve. Add this pulp to the chilled truffle mixture, mix thoroughly, and season as needed with about a teaspoon of salt and $\frac{2}{3}$ teaspoon of fresh-ground black pepper.

Pick, clean, and dress a young, tender turkey fresh killed. Place the slices of one truffle in and on the breast between skin and breast meat; then stuff the bird with the chilled lard-pork and truffle mixture, sew, truss, and let stand in a cold, dry place 3 days before cooking. This will allow the flesh to absorb and assimilate the truffles' delectable flavor.

Roast and serve the turkey as directed at "Roast Stuffed Turkey."

OLD TURKEY:

When the turkey is old and tough, immerse it, cleaned and dressed, in boiling White Stock to cover, over a brisk fire. Bring quickly to a boil, and let boil 3 minutes, then remove to a slow fire to simmer from $1\frac{1}{2}$ to 2 hours. Lift the turkey out and proceed as directed at "Roast Stuffed Turkey."

Or proceed with turkey as directed at "Chicken in Daube," using twice as much stuffing as called for in that recipe.

How to Cook Pheasant

Young pheasants have short round spurs; the older birds have long, pointed spurs. All the recipes given under "Roast Chicken" are suitable to the young pheasants. Old pheasants are cooked as directed at "Chicken in Daube."

How to Select Geese

Geese are best when killed at from 4 to 6 months. A young goose has yellow, flexible legs, and a smooth skin, the breast is plump, the extremities of the beak are easily broken, and the fat is of a transparent, yellowish white. Old geese are best cooked as directed in recipe, "Chicken in Daube." The goose drippings should be carefully reserved and utilized to cook vegetables as a butter substitute.

Young wild geese have smooth legs and the foot webbing is soft. These are best roasted. When having any doubt about the tenderness of a wild goose, braise it.

Recipes for Goose

ROAST GOOSE:

Clean, singe, and wash a tender young goose, carefully removing the pin feathers; rinse in tepid water, and wipe perfectly dry between towels. Stuff with one of the stuffings following, and sew. Truss the bird by tying the extremity of each leg firmly with twine, running under the back and fastened with skewers. Rub entire surface with mixed salt and pepper, and place over breast a few thin slices of salt pork, to be removed in the last 20 minutes of cooking. Arrange goose on rack in a dripping-pan of a size adapted to the bird, and bake until tender as directed at "Roast Stuffed Turkey," allowing 16 or 17 minutes' cooking to the pound. Make the sauce as directed at "Gravy for Chicken." Send the gravy in a boat and send separately some warm apple sauce or a currant jelly.

POTATO STUFFING FOR GOOSE AND TAME DUCK:

Use full quantities for geese, half quantities for tame duck.

| | |
|-----------------------------------|---------------------------|
| Melted butter size of an egg | 1 onion, chopped |
| 1 cup fresh crumbs of stale bread | 1 shallot, chopped |
| | 2 tablespoons butter |
| 1 pound mashed potatoes | 2 ounces grated lard-pork |
| 1 teaspoon salt | 1 slightly-beaten egg |
| A few grains Cayenne | |

Pour the butter over the crumbs, stir until crumbs are moistened, and mix with the potatoes, salt and Cayenne. Melt remaining butter over a slow moderate fire, add the onion and shallot, simmer until onions are tender, add lard-pork, stir, and cook a few minutes. Combine with first mixture, adding the egg, and correct the seasoning to suit the taste. Add, if desired, $\frac{1}{3}$ teaspoon of very thinly chopped sweet thyme.

LIVER STUFFING FOR GOOSE:

Wash a goose liver, wipe dry between towels, and sauté $1\frac{1}{2}$ minutes in a little of the rendered goose fat or bacon dripping; cut the liver into pieces and rub through a sieve. To the fat left in pan, over a slow fire, add an onion and a shallot, both thinly chopped. Cook until tender. Mix the onions and liver in 2 cups of Bread Panada, season as needed with salt and rather highly with black pepper, and thyme or sage. Add a beaten egg. Or moisten $1\frac{1}{4}$ cups of crumbs with $\frac{1}{4}$ cup of melted butter, mix with the above liver paste and cooked onions, and add 4 or 5 tart apples chopped and the above seasonings.

LIVER STUFFING FOR TAME DUCK:

Using the duck liver and only $1\frac{1}{2}$ cups of Bread Panada, proceed as in preceding recipe.

BROILED LEFT-OVER GOOSE:

Take nice thick slices of left-over goose, remove skin and gristle, dredge over with salt and pepper, and roll in melted butter and crumbs. Arrange on a hot greased broiler, over a moderately hot clear fire, and broil to a nice golden color on both sides, turning over as needed. Serve over any of the following sauces: Brown Poivrade, Ravigote, Hot Tartar, Piquante, Bearnaise, or Tomato Sauce.

GOOSE SALMI:

Proceed with left-over roasted goose as directed at "Duck Salmi."

Recipes for Tame Duck

Tame duck is best when young and fat. Young duck have yellow feet and the lower part of the bill can be easily broken. As the duck grows older, the feet turn darker till they become red. Young ducks are usually roasted; old ones are braised.

ROAST TAME DUCK:

Prepare and roast a tender young duck as directed at "Roast Goose," except, before stuffing the bird,

remove the breastbone or break it with the rolling-pin. Use as stuffing either a Potato Stuffing for Goose and Tame Duck or a Liver Stuffing for Tame Duck, and, before sewing, break the end of backbone near rump so as to fold it inside. Roast, and make a sauce as directed for "Roasted Goose," allowing seventeen minutes to the pound for cooking.

BRAISED TAME DUCK:

Clean, dress, wash, wipe, stuff, and truss a tame duck as in preceding recipe. In a Dutch oven pot, over a moderate fire, simmer in a little rendered duck fat a carrot and an onion, thickly sliced, until amber-colored. Remove vegetables and reserve. Sauté the duck in the hot fat left in pot set over a good fire, until evenly golden-colored. Remove the pot, pour out the fat, and reserve it. Add to the duck in pot $1\frac{1}{4}$ cups of hot White Stock, and if available, a little white wine or sherry. Add the reserved onion and carrot, a kitchen bouquet, dredge over with salt and pepper, set on duck's breast a thin slice of salt pork, cover with a greased paper, and set in a moderate oven to cook until tender, from 2 to 4 hours, basting occasionally and turning over twice. In the last 20 minutes of cooking, remove salt pork and paper. When done remove the duck to a serving-dish, free it of twine, and reserve hot.

Strain the liquor, skim off the fat on top, reduce it and thicken as usual with a Brown Roux made of the reserved grease and $2\frac{1}{2}$ tablespoons of flour. Send sauce in a boat.

Serve around the duck, as preferred, any one of the following purées: Green Pea, Celery, Turnip, Onion, Artichoke, or a Chestnut Purée.

BRAISED TAME DUCK WITH CHERRIES:

Same as preceding, only arrange around the braised duck, dressed on a hot dish, some large sour cherries that have been cooked until tender in a sugar syrup and drained of their liquor.

BRAISED TAME DUCK WITH ORANGES:

Serve a braised duck as in preceding recipe, leaving out the cherries. Arrange around duck the trimmed sections of 2 sour seedless oranges. Pour over the oranges the hot sauce of the braised duck, or, use an Orange Sauce to pour over.

DUCKLING À LA ROUENNAISE:

Clean, dress, truss, and, without stuffing them, roast until tender 2 tame squab ducks as directed at "Roast Tame Duck." Have ready the following: Pound the ducks' livers and rub through a sieve, with one ounce of butter, a few grains of salt, a dash of pepper, and some mixed spice to suit the taste. Arrange on a buttered shirred-egg dish and set in a hot oven 2 minutes; then spread over some buttered toast arranged on a hot serving-dish. Reserve hot.

Using a sharp knife, take up the fillets and fillet mignons of the cooked ducks as directed at "How to Fillet a Chicken." Dress the fillets over toast; then, using a special press, squeeze the liquor from the carcass, add to liquor a few drops of lemon juice, and pour over the fillets.

How to Dress Wild Birds

Wild birds should be carefully drawn. The inside should never be washed, else all the birds' wild flavor will be lost. Simply wipe inside and out with a wet cloth wrung out of its own water. Truss as directed at "Trussing of Poultry and Birds," and when the head and neck are left on, make an incision through neck to remove windpipe and crop. Skin the head, take out the eyes, then bring the head around the back to emerge between the drumsticks. Birds such as snipes have their beak used as skewers and pushed through the drumsticks and body.

Recipes for Wild Duck

The meat of wild duck, which is always cooked rare, is much finer than that of the tame duck. Wild duck,

young and old, have small, reddish feet, and the only way to recognize young wild duck is by the smoothness of the legs and the softness of the webbing.

The canvasback duck is the favorite, but it is now very expensive. They are recognized by their purple head and silver breast. The red-head duck is nearly as good and not quite so expensive. Among the varieties of wild duck, mallard and teal are also popular.

ROAST WILD DUCK:

Pick and carefully draw a wild duck. Cut off the neck and feet, removing crop and windpipe. Wipe inside and out with a wet cloth wrung out in its own water. Truss same as tame duck. Rub surface with mixed salt and pepper, and set inside a few stalks of celery and the liver; spread over breast and legs some thin slices of lard-pork or a tablespoon of bacon dripping, set over a rack in a dripping-pan of a size adapted to the bird, place in a very hot oven, and bake 15 to 18 minutes, basting every 5 minutes, twice with a little melted bacon dripping, and after that with the liquor in the pan. Dress the bird, freed of twine and skewers, over a hot serving-dish, garnish with watercress and quartered lemon, and, if desired, serve with it some fried hominy and currant jelly or an Orange Sauce.

DUCK SALMI:

Roast a duck as above. Take up the fillets and fillet mignon and cut each large fillet into two pieces, shaping these like a pear. Cut up carcass and trimming in pieces. Melt 3 tablespoons of butter over a moderate fire, add the pieces of carcass and trimmings, the liver, mashed, 2 shallots, thinly sliced, and a little trimming of ham cut into dice. Cook until the shallots are amber-colored, then stir in a quarter-cup of flour. Cook until browned, and, while stirring constantly, very slowly add 2 cups of Brown Stock or Consommé. If possible include as a part of the liquid a little red or white wine, stir until boiling, adding a few pepper-corns, a bean of garlic, and a kitchen bouquet, and season as needed.

Remove pot to a slow fire to slowly simmer 1 hour. Strain sauce through a fine sieve, skim off the fat on top, re-heat to a boil, add a teaspoon of lemon juice and the duck fillets, let stand without boiling until the meat is re-heated, arrange the meat over some buttered toast on a hot serving-dish, and mask with the sauce. Garnish with toast points.

Occasionally canned mushroom buttons and stuffed olives are added to sauce.

ROAST GROUSE OR PRAIRIE CHICKEN:

The grouse has dark meat, and therefore should always be cooked rare. It should be plump and heavy, and should be killed 3 or 4 days before it is cooked, and drawn as soon as killed. Wash outside only. Cut off the feet and neck, wipe meat with a cloth wrung out in its own water, insert on breast thin lardoons of salt-pork, and truss. Rub surface with mixed salt and pepper, brush with melted butter, arrange over rack in a dripping-pan, and bake in a hot oven 20 to 30 minutes. Baste every 5 minutes; the first time with a tablespoon of clarified butter, after that with liquor in pan.

Recipes for Quail

ROAST QUAIL:

Pick and singe the quail, cut off feet and neck, and draw carefully. Wipe the bird inside and out with a wet cloth wrung out in its own water. Truss with skewers. Rub the surface with mixed salt and pepper, or better, season when nearly done. Brush with melted clarified butter. Set over the breast a thin slice of salt pork or bacon, and arrange the bird over rack in a dripping pan of a size adapted to the number of birds.

Place the pan in a hot oven, bake 15 minutes or until tender, basting every 5 minutes, the first time with a tablespoon of melted clarified butter, and after that with liquor in pan. Dress the birds, freed of skewers, over some buttered toast on a hot serving-dish. Moisten each one with a little of the liquor in pan. Garnish with watercress and lemon slices.

BROILED QUAIL:

Pick and singe the quail, cut off neck and feet, split down the back, draw carefully, wipe the meat with a wet cloth wrung out in its own water, roll in melted butter, and let stand awhile. Arrange over a hot greased broiler, over a hot clear fire, and broil as usual about 8 minutes, cooking mostly on the flesh side and basting with the remaining melted butter. When nearly done dredge over with salt and pepper. Serve on buttered toast, garnishing with watercress and slices of lemon.

QUAIL EN CASSEROLE:

Prepare and truss 6 quail as directed at "Roast Quail." Melt $\frac{1}{4}$ cup of butter over a good fire in a Dutch oven pot. When hot, put in the quail, and cook them about 10 minutes, turning over as needed, until of a golden color on all sides. Remove pot, take out quail, and reserve hot. To fat in pot set over a moderate fire add $\frac{1}{4}$ cup each, of carrots and onions cut into thin strips (Julienne Shape); spread these at bottom of pot, put in the quail over them, cook until the cooking vegetables give out a caramelising odor. Then add a kitchen bouquet, 2 cloves, a few peppercorns, and a large cup of boiling Consommé, or use only white wine or sherry. Dredge over with salt and pepper, cover with greased paper, and bake in a moderate oven 20 minutes or until birds are tender.

Remove the quail, take out the skewers, and reserve hot. Strain the liquor, skim off the grease on top, re-heat, and reduce to a syrupy consistency. Sauté the livers a minute in hot melted butter over the fire, rub through a sieve, season with a little salt and pepper, and spread them on six heart-shaped pieces of buttered toast or French Croutons; re-heat half a minute in oven.

Arrange the croutons on a hot serving-dish, set a quail on each, garnish with watercress, and pour sauce over quail.

SALMI OF QUAIL:

Roast 3 quail. When done take up the fillets and members and remove skin. Cut the carcass and trim-

mings into pieces, and with it and the livers and hearts, proceed as directed at "Duck Salmi," serving in the same manner.

QUAIL SOUFFLÉ:

Roast a quail 15 minutes; take up the fillets and fillet mignon, and remove skin, gristle, and bone. Cut the meat into pieces, pound it to a paste, and rub through a sieve. Reserve pulp. To fat left in roasting pan, set over a slow fire, add the trimmings and carcass, cut into pieces, and a sliced shallot. Cook a few minutes, add a cup of cold stock, a dash of pepper, bring to a boil, and simmer 30 minutes. Strain, skim off the grease and reduce to 1 cup. Thicken as usual with a Brown Roux made of 2 tablespoons of butter and $2\frac{1}{2}$ tablespoons of flour. When done, stir in the quail pulp, remove it from the fire, add 3 well-beaten egg-yolks, season as needed with salt and pepper, and let stand till cool. Thirty minutes before serving, fold in 3 egg-whites beaten to a stiff dry froth, and arrange in a buttered soufflé dish. Bake about 30 minutes in a moderate oven. Serve at once.

Partridge and Snipe

Partridges are always cooked well-done to center of meat. Roast partridge is cooked 40 to 45 minutes as at "Roast Chicken," and served with a Bread Sauce. Broiled partridge is cooked 22 minutes to 25 minutes, as at "Broiled Chicken," and served same as there directed.

PARTRIDGE AUX CHOUX:

Clean and truss a partridge as for entrée. Sauté the bird in a little clarified butter over a good fire until evenly golden-colored on all sides, turning over as needed. Cut a curled Italian cabbage into quarters, remove wilted leaves and tough core, soak and drain. Put in a saucepan with a 4-ounce piece of lard-pork. Add cold water to cover, boil 4 minutes, drain, press liquor out of cabbage, and slice the lard-pork. Spread a scant tablespoon of lard at bottom of a kettle adapted to size of the

bird, and add, both sliced, a carrot and an onion. Put in half the cabbage, and over it a few slices of lard-pork, then the partridge. Cover the bird with the remaining lard-pork and cabbage, add boiling White Stock to cover the whole, then add a kitchen bouquet, and salt and pepper as needed. Cover, bring to a boil, then set pot in a slow oven to cook until tender and the cabbage has absorbed all the liquor. Turn out very hot onto a hot serving dish, and serve at once.

ROASTED SNIPE:

Pick and singe the birds, cut off the feet, skin the head and remove the eyes. Through an incision under the neck, remove pipe and crop, and carefully draw the bird, wiping inside and out with a wet cloth wrung out in its own water. Press the legs against body, thus raising the breast. Bring around the bill and use it as a skewer, pushing it through both legs and body. Wrap each bird in a thin slice of lard-pork or bacon, and roast 10 minutes in a hot oven, basting with a little melted butter.

Remove the birds, and reserve hot. Sauté the livers a minute in a little hot butter over a good fire, rub through a sieve, season as needed with a few grains of salt and pepper, and spread over some heart-shaped pieces of buttered toast or French Croutons; then re-heat one minute in oven. Arrange the croutons on a hot dish, set a snipe on each, garnish with watercress, and pour over the birds the dripping in the roasting pan.

Ways of Cooking Venison

Venison is the flesh of the deer. It is of a dark red color and tender. Venison is nearly always cooked rare except when braised.

BRAISED VENISON SHOULDER, STUFFED:

Taking care not to pierce the skin, bone a shoulder of venison. Trim it carefully, taking from thickest part and the ends about half a cup of lean meat. Dredge inside with salt and pepper, stuff with a mixture made as directed below, and roll, sew, and truss firmly with twine

in a good, round shape. Braise as usual over a bed of lard-pork and ham trimmings, and thickly sliced carrot and onion, and when done, remove. Strain liquor, skim to remove grease, and with it make a Venison Sauce.

Stuffing: Force through the meat chopper a quarter cup of lard-pork and the venison trimmings, also a slice of lean ham. Add and mix them in a Bread Stuffing, seasoning as needed with salt and highly with pepper.

VENISON STEAK, BROILED:

Venison steaks cut one inch thick are broiled exactly as is a beefsteak. They are always served rare. Allow nearly 3 minutes' broiling on each side. When done dredge over with salt and pepper, and spread over a Maître d'Hotel Butter, or, leaving out the butter, serve with a Colbert or Perigueux Sauce; or, again, with melted currant jelly. If the steaks are thin, roll them in melted butter seasoned with salt and pepper, then roll in fine bread crumbs and broil over a hot greased broiler set over a moderate clear fire, nearly 3 minutes on each side.

VENISON CUTLETS SAUTED:

Take rib venison cutlets about an inch thick and trim them into a nice shape, cutting off the spine bone. Marinate 6 hours in a "Marinate for Venison." Wipe perfectly dry between towels. Sauté in a hot frying-pan over a brisk fire in a tablespoon each of clarified butter and oil, turning over often so they may brown evenly; allow nearly 6 minutes for cooking. Place on serving dish, overlapping in wreath shape, dredge over with salt and pepper, and set a chop frill on each bone. Spread over them a Maître d'Hotel Butter, or serve with a Colbert Sauce; or, if available, make a port wine sauce, add to sauce 2 tablespoons of currant jelly, and some thinly shredded broiled chestnuts or blanched almonds. When the venison is to be served with a Perigueux Sauce, the cutlets are first larded with thin, short lardoons of truffle inserted along the middle edge of the cutlet.

Cutlets are then marinated and sauted as above. Or, lard with thin strips of salt pork, then marinate and sauté as above, and serve with a Poivrade or Venison Sauce.

Sauces in which to Re-heat Left-over Venison: Thinly sliced left-over venison, freed of dry skin and gristle, may be re-heated under the boiling point in any of the following sauces: Venison, Poivrade, Ravigote, Piquante, etc.

Recipes for Hare and Rabbits

Rabbits, both wild and domestic, are at the present time the least expensive form of flesh on the market, and for this reason their use should be stimulated by good recipes.

JACK-RABBIT:

Skin a jack-rabbit as soon as obtained and draw carefully; then thoroughly wipe the meat with a wet cloth wrung out in its own water. Let stand over night in the following marinate, to just cover. Drain, and wipe perfectly dry between towels. Rabbit thus prepared may be used in any recipe given below.

Marinate: To each 2 quarts of cold water add 2 tablespoons of salt, the juice of a lemon or $\frac{1}{3}$ cup of vinegar, a few crushed pepper-corns, 2 cloves, a few sprigs of parsley and a sprig of thyme, and a sliced onion.

ROAST BELGIAN HARE AND COTTONTAIL:

Skin and draw a young Belgian hare or a cottontail. Wipe meat with a wet cloth wrung out in its own water; then wipe dry between towels. Insert on back and hind legs some thin lardoons of lard-pork. Run skewer through the members. Bake until tender as directed at "Roasted Chicken," allowing for cottontails 35 to 40 minutes for cooking, 50 to 60 minutes for Belgian hare. When the hind legs are tender, the rabbit is done.

Dress on a hot serving-dish, remove skewers, and

with liquor in pan, make a gravy as directed at "Gravy for Chicken," Second Method. When done stir in $\frac{1}{4}$ tumbler of currant jelly, beat in a few bits of butter and a few drops of lemon juice, and correct the seasoning to suit taste. Send sauce in a boat.

Or, serve with any one of the following sauces: Venison, Ravigote, or Brown Poivrade Sauce.

ROAST BELGIAN HARE IN SOUR CREAM:

Roast a Belgian hare as above, and 15 minutes before done, add to pan a pint of hot sour cream, $\frac{1}{2}$ teaspoon of salt, a teaspoon of lemon juice, a few pepper-corns, 1 clove, a shallot, and a little left-over unthickened gravy of roast or a teaspoon of meat extract. Finish baking the rabbit until tender, basting every 5 minutes with liquor in pan. Remove rabbit to a hot serving-dish, take out the skewers, strain liquor, skim off the fat on top, re-heat and thicken as usual with a Brown Roux. Simmer 10 minutes, correcting seasoning to suit the taste. Send sauce in a boat.

BELGIAN HARE AND COTTONTAIL SAUTED À SEC:

Disjoint and cut into even pieces a tender Belgian hare or a cottontail. Wipe meat, and with it proceed as directed at "Chicken Sauted à Sec," serving same as there directed.

RABBIT CIVET AND SOUR RABBIT:

Disjoint and cut a rabbit into pieces. Wipe meat, and let stand over night in the following marinate, with the liver added:

To 1 cup of mild vinegar, add a pint of claret, or, lacking the wine, use water. Add $1\frac{1}{2}$ teaspoons of salt, a tablespoon of sugar, $\frac{1}{2}$ teaspoon of black pepper, a few sprigs of parsley and one of sweet thyme, a bay leaf, a crushed onion, 3 cloves, and a stick of celery. Drain meat and wipe dry between towels. Bring the marinate to a boil and strain.

In a thick iron frying-pan simmer for 10 minutes in 2 tablespoons of bacon dripping 12 small onions or 2

thinly sliced onions; then remove onions and reserve. Fry 6 slices of bacon in pan set over a good fire, until nearly crisp; then remove and reserve. Add to the pan, if needed, enough bacon dripping to have about 1 5 cup of dripping. Set over a good fire, and put in the rabbit, previously dredged with salt and pepper and rolled in flour. Sauté, turning over as needed, until evenly browned. Then, stirring with a wooden spoon, add the hot marinate, stir until boiling, turn it into a porcelain lined kettle, add the bacon and onions, and cover. Set the pot on the back of the stove with an extra lid under it, so that the onions will not scorch at the bottom, and simmer very slowly until tender, 20 minutes before done, adding the liver.

Recipes for Pigeon and Squabs

Pigeons should be cooked the same day as killed. Squab or young pigeons are usually broiled or roasted. If in any doubt about the tenderness of older birds or pigeons, braise them.

BROILED PIGEONS:

Singe some plump squab pigeons, carefully picking out the pin feathers. Cut off the neck close to body, and cut the feet off, leaving on enough of the leg below the knee to hold a chop frill when serving. Scald this part of leg under knee a few seconds in very hot water, and remove skin. Split the bird down the backbone, carefully draw, then wipe meat with a wet cloth wrung out in its own water; wipe with a clean, dry cloth. Remove breastbone. Roll in a little melted butter or oil, and let stand 20 minutes. Arrange the birds on a hot greased broiler over a hot clear fire, having the flesh side first exposed to the heat, and broil 12 minutes as at "Broiled Chicken." When done roll the cooked pigeons in melted butter, seasoned with salt and pepper, using ½ tablespoon of butter to each bird, then dress on buttered toast; pour remaining melted seasoned butter over, and garnish with watercress and quartered lemon.

ROAST SQUAB OR YOUNG PIGEONS:

For roasting use only plump squab pigeons. Clean, singe, and remove pin feathers. Cut feet off and the neck close to body, and carefully draw, removing windpipe and crop. Wipe carefully with a wet cloth wrung out in its own water; press both legs against body, thus raising breast, and fix them into place with skewers. If the wing tips only are cut off, fold the wings on the back. Rub the birds with mixed salt and pepper, tie on the breast a thin slice of lard-pork, arrange over the rack in a dripping-pan of a size adapted to the number of birds, and bake in a hot oven from 15 to 18 minutes or until tender, basting every 4 or 5 minutes, the first 2 times with 2 tablespoons melted clarified butter. Arrange the birds, skewers and twine removed, over buttered toast on a hot dish. Pour over each a little of the liquor in pan, and garnish with watercress and lemon slice.

Ways of Serving Roast Squab: Roasted squab are often served with green peas; occasionally, with Cauliflower à la Maître d'Hotel or with Brussels Sprouts, Sautéd. Or, they may be served in a nest of crisp lettuce leaves, with some blanched asparagus tips that have simmered a few minutes in a little melted butter. Or arrange around the pigeon some artichoke bottoms filled with various vegetables, or, again, use Stuffed Mushrooms.

PIGEON STOCK, OR FUMET DE PIGEON:

Take from left-over pigeon all the fillets and members available. Reserve them to re-heat in the sauce, removing skin, gristle, and large bones.

Put the coarsely chopped carcass and trimmings over a moderate fire in 2 tablespoons of melted butter. Add 2 very thinly sliced onions and carrots. If available, add some mushroom trimmings, and a little trimming of ham. Cook 15 minutes, stirring occasionally. Then add 1½ cups of cold Brown Stock, and, if available, 3 tablespoons of sherry; season with ⅓ teaspoon of salt, a few pepper-corns, a clove and a sprig of sweet thyme, bring

to a boil, and simmer over a slow fire 40 minutes. Strain liquor, and skim off the grease on top.

SAUCE TO RE-HEAT LEFT-OVER PIGEONS:

Make a Brown Roux with 2 tablespoons of butter and $3\frac{1}{2}$ tablespoons of flour. Dilute it with the above pigeon stock. Stir until smooth and boiling, then remove to a slow fire to simmer bubbling at one point 10 minutes and skim. Correct the seasoning to suit the taste, and strain through a fine sieve. Re-heat in this sauce, without boiling, some left-over cooked pigeons trimmed as in preceding recipe.

PIGEON AU GRATIN WITH LEFT-OVER:

Take from left-over pigeons all the fillets and pieces available. Trim, and remove skin, gristle, and bone, reserving the smaller pieces of meat to make a Pigeon Gratin Stuffing, as directed in the following article. Butter a glass oven gratin dish; place the pigeon stuffing in it, and on top arrange the pigeon fillets, smoothest side up. Have ready a hot sauce prepared as above. Brush the meat surface with the sauce, place the dish in a moderate oven, and bake 25 minutes, brushing the meat surface with the sauce every 4 minutes. Serve in same dish. Send the remaining sauce in a boat.

PIGEON GRATIN STUFFING:

Cut the following ingredients into dice about $\frac{1}{2}$ inch thick and keep separate: 6 ounces fresh lard-pork, rind removed, 3 scant ounces raw veal meat, and same quantity of washed calves' liver. Sauté the lard-pork in 3 tablespoons of hot melted butter until slightly amber-colored. Remove and reserve. In fat left in pan sauté the veal over a moderate fire until tender and very slightly colored. Remove meat and reserve. In fat left in pan over a brisk fire sauté the liver for a minute with some reserved pigeon liver added. Remove pan to a moderate fire, and replace pork, liver, and veal to pan. Add a crushed shallot and 1 cup of mushroom trimmings. Dredge over with $\frac{1}{2}$ teaspoon of salt, $\frac{1}{5}$ teaspoon of pepper, and a dash each, of sweet thyme, clove,

and bay leaf, pulverized. Cook, stirring 10 minutes. Place a sieve over a small pan, turn in the cooking mixture, and collect the dripping fat to make a Brown Sauce. Trim left-over pigeons as directed in preceding recipe.

To meat in sieve, add the available pigeon meat cut into pieces. Pound the whole in a mortar, then rub through a sieve, adding 2 ounces of butter, an egg and an egg-yolk. Correct seasoning to suit the taste.

FILLET OF PIGEON STUFFED À LA PARISIENNE:

For 6 persons, clean, dress, and truss 3 plump tender squab pigeons. Tie around the breast a thin slice of lard-pork. Mix 2 scant ounces of grated fresh salt pork with as much chopped mushroom, adding a little salt and black pepper. Divide and stuff pigeons with the mixture. Put 2 tablespoons of butter over a good fire in a flat frying-pan. Add 2 tablespoons of thinly chopped lard-pork. Sauté the pigeons in the hot fat until evenly golden-colored on all their surfaces, turning over as needed. Remove pot to a very slow fire or to back of stove. Dredge over the pigeons a little salt and pepper and cook about 14 minutes or until the liquor in pan has become thick and reddish-brown; then remove, drain pigeons, and reserve fat in pan. Put the pigeons over the board, take off the fillets, and trim them, removing skins. Take from the pigeons all available pieces of meat, remove skin, gristle, and bones, cut in pieces, and make a Pigeon Gratin Stuffing as directed at that recipe. Cut up all that remains of the pigeons, and with this and the fat left in pan proceed to make a Pigeon Stock as directed at that article, and with this stock make also a sauce as directed at "Sauce to Re-heat Left-over Pigeons." Reserve hot. Leaving the smoothest side of each fillet untouched, spread some of the above stuffing inside of fillet, molding it in a convex shape. Butter a medium-sized, cylindrical timbale mould and fill with the remaining stuffing, cover with an oiled paper, and poach as usual in a slow, moderate oven

until firm. Thirty minutes before serving, pour into a shallow pan just large enough to hold the six fillets, enough hot sauce to just screen bottom of pan. Arrange in the fillets, stuffing downwards, and bake in a moderate oven 25 minutes or until the meat is nicely glazed, brushing the meat surface every 3 minutes with a little of the hot sauce.

Unmold timbale on center of a hot serving-dish, arrange the fillets upright and overlapping around timbale, and dispose over top of timbale some Stuffed Olives or Mushrooms Stuffed. Garnish around base with the same. Send remaining hot sauce in a boat.

It will improve its appearance if the whole is dressed over a potato or hominy soele.

BRAISED PIGEONS (for Old Birds):

Clean 4 pigeons, singe, pick pin feathers, wipe, and truss. Place in a Dutch oven pot, over a moderate fire, a tablespoon of butter, a little salt pork trimmings, 2 onions and 2 carrots, both sliced. Stir and cook until the odor of the cooking vegetables is noticeable. Arrange the pigeons over the vegetables, side by side, breasts up; add 1 pint of boiling Chicken Stock or Consommé, and bake, covered, in a slow oven, from 1½ to 4 hours, or until tender, adding a few pepper-corns, 2 cloves, and a kitchen bouquet. Dredge with salt and pepper after an hour's cooking. During last ½ hour of cooking, remove the lid and bake in a quicker oven, basting every 5 minutes so birds may glaze evenly. Dress the pigeons over a hot dish on buttered toast, removing the skewers. Garnish with watercress and lemon slices. Send the sauce in a boat.

Sauce: Strain the liquor, free it of fat, reduce a little, and thicken as usual with a Brown Roux. It is desirable to add to the cooking pigeon a little sherry wine.

PIGEON PIE:

Clean, singe, and wipe 2 young pigeons. Split them down backbone and quarter. Try out some fat breast-

perk and remove scraps, leaving enough fat in pan to sauté the pigeon until tender and slightly golden-colored. Have ready 3 boiled potatoes, diced, 6 sliced blanched mushrooms, 6 thin slices of cooked bacon, and 2 hard-boiled eggs, sliced. Arrange half of the bacon at bottom of a buttered meat-pie dish, and over the bacon place half, each, of the pigeons and the potatoes, eggs, and mushrooms, then repeat layers in same order. Dredge over some chopped parsley, $\frac{2}{3}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of black pepper, and pour over this enough Espagnole or Brown Sauce to barely cover. Let cool, then arrange on top a rich pie or puff paste cover. Brush top with beaten egg, make in center an incision to allow evaporation, and bake in a hot oven until pastry is browned, about 20 minutes.

SQUAB IN PAPER CASES:

Clean, singe, and wipe 3 tender squab pigeons. Split them down the back, remove breastbone, and cut each in two. Flatten lightly with the cleaver blade to break bones, removing as much bone as possible without altering their shape.

Sauté in a heated frying-pan, in 3 tablespoons of butter, over a moderate fire until tender, 14 or 15 minutes, turning over as needed. When done dredge over with salt and pepper and arrange between dishes to cool and press into shape.

Prepare a d'Uxelles Sauce as directed at that recipe. Take 6 blank sheets of paper about one foot square, and brush generously with melted butter or oil. Cut each sheet into as large a heart-shape as possible; spread in the middle of one side a large tablespoon of the sauce, arrange over it a slice of lean boiled ham, and put over this a half-pigeon; then spread over a large tablespoon of the sauce, arrange over it a slice of ham, spread over more sauce, fold the other half of paper over the whole, and wrinkle or crease the edges firmly, thus encasing the mixture. Arrange in a pan, and bake in a hot oven 10 minutes. Serve hot with a Tomato Brown Sauce in a boat.

SQUAB CUTLETS:

Prepare and split into halves 2 squab pigeons as for broiling. Make an incision near rump through which introduce the extremity of the bone of the leg. Fold the wings on back, cutting off tips. Lightly strike the pigeon with the rolling pin, then roll in melted butter seasoned with salt and pepper. Sauté 8 minutes in a little hot melted butter, in a frying-pan over a good fire, until pigeons are golden-colored. Remove and reserve each pigeon arranged between two dishes, to cool and press into shape.

To pan set over a slow fire, add $\frac{2}{3}$ cup of Consommé or part Meat Glaze; stirring the bottom, give a bubble and strain. Return the pigeons to pan, and add the hot strained liquor, also the meat liquor left on the dish used in pressing. Cover, and bake in a moderate oven till tender, about 10 minutes. To serve, pile on center of a hot serving-dish a purée of vegetables. Arrange the squab cutlets around it, placing a chop frill on each leg-bone. Send sauce in a boat.

Sauce: Skim the grease off the liquor, strain, and thicken with a very little cornstarch, in the usual manner.

CHAPTER XX

BATTERS

A BATTER means usually a flour mixture well beaten to incorporate air cells which expand upon heating and help to make the finished product light.

The thick batter classed as Drop Batter is a mixture thick enough to hold together when dropped from a spoon. To make a thick batter, add, while beating the flour mixture, just enough moisture to obtain a mixture that can be beat till smooth.

The thin batter often called Pour or Spread Batter, since it spreads or pours easily, is made by adding slowly to a smooth thick batter the remaining liquid, while beating constantly.

Since the thickening powers of flour differ considerably, it is sometimes necessary to add more moisture than the particular recipe calls for, so as to obtain a thin batter easy to pour or spread.

BATTER, I:

1 cup sifted flour
 $\frac{1}{3}$ teaspoon salt

$1\frac{1}{2}$ teaspoon baking powder
 $\frac{3}{4}$ cup milk
1 egg, beaten light

When this batter is used to make sweet entrées, add a teaspoon of sugar; and when it is utilized to make vegetable or meat entrées, leave out the sugar, use either water or milk, and add a few grains of white pepper or Cayenne and $\frac{1}{2}$ teaspoon of oil.

Method: Sift the dry ingredients together; make in center a depression in which place the eggs, and while beating add half of the liquid, then beat until smooth, and continue to beat while slowly adding the remaining liquid. The finished batter should coat an article dipped in it, about $\frac{1}{12}$ of an inch thick. Or, the lightly beaten yolk of the egg is added first, then add the liquid as above, and fold in the egg-whites, beaten stiff.

BATTER, II (without Baking Powder):

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| 1 cup sifted flour | 1 teaspoon oil |
| $\frac{1}{3}$ teaspoon salt | $\frac{3}{5}$ cup lukewarm water |
| 2 egg-yolks, slightly beaten | 2 egg-whites, beaten stiff |

Sift the dry ingredients in a bowl. Make in center a depression and put in the egg-yolks and the oil, and, beating, add about half of the liquid. Beat until smooth, and continue beating while slowly adding the remaining liquid. Let stand in a warm place 2 hours, and when ready to use, fold in the egg-whites. An article dipped in this batter should be screened by a coating $\frac{1}{12}$ of an inch thick.

BATTER, III:

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|--|------------------------|
| 1 cup sifted flour | $\frac{1}{2}$ cup milk |
| $\frac{1}{3}$ teaspoon salt | 1 egg, beaten light |
| $1\frac{1}{2}$ teaspoons baking powder | |

Follow same method as in Batter, I.

BATTER, IV:

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|--|------------------------|
| 1 cup sifted flour | $\frac{1}{3}$ cup milk |
| $\frac{1}{3}$ teaspoon salt | 1 egg, beaten light |
| $1\frac{1}{2}$ teaspoons baking powder | |

When this batter is utilized to make sweet entrées, add a teaspoon of sugar, and when it is utilized to make vegetable or meat entrées, leave out the sugar and add a few grains of Cayenne. Sift the dry ingredients into a bowl, put in the egg in a depression in center, and, beating, add the liquid.

This batter when dropped from a spoon in hot deep fat should be of a consistency to hold together.

CHAPTER XXI

HOT DESSERTS

STEAMED PUDDINGS—FRITTERS—SOUFFLÉS—BAKED PUDDINGS—FRUIT PUDDINGS—FRIED BATTER MIXTURES—PUDDING SAUCES

How to Boil or Steam Puddings

PUDDING mixtures to be boiled or steamed are often arranged on the center of a wet pudding cloth wrung out in its own water and then spread with grease, doubled, spread over with grease again, and dredged with flour.

After the mixture is arranged on cloth, gather the ends and corners of the cloth over top and tie them firmly with a string, leaving enough space to allow for swelling.

When the flavoring is to be retained in the mixture, or when the pudding is to be kept a few weeks before serving, it is then desirable to arrange mixture in a special buttered mold with a close fitting lid, filling mold $\frac{3}{4}$ full, and leaving enough space to allow for swelling. Place a greased paper between mold and cover, tightly sealing mold.

To Boil: Place the pudding in a mold or in a greased cloth in boiling water to cover. Keep water boiling for the first 20 or 30 minutes, then allow it to simmer very slowly, till done. In all, usually 3 hours is needed for cooking. Add as and when needed boiling water, to keep pudding constantly immersed and boiling.

To Steam: Place the pudding in a steamer having the lower pot $\frac{2}{3}$ full of boiling water, over a fire that will keep it constantly boiling as long as necessary, usually 4 hours. Tightly cover the steamer, placing a cloth between lid and steamer, and add to the lower pot when and as needed boiling water to replace evaporation.

To Unmold Boiled or Steamed Pudding: Remove the cooking pudding, in cloth or mold, immerse it a few seconds in cold water, then unmold or remove cloth. The pudding is occasionally set a minute in the oven to dry a little.

APPLE FRITTERS:

Often served as a Sweet Entrée, usually after the roast.

Peel and core some good tart apples, and slice them crosswise a quarter of an inch thick. Pour over a little lemon juice. Wipe and dip in a Batter I, then fry in hot deep fat to a crisp rich golden color, about 3 minutes on first side then, turning over, 2 minutes on the other side. Serve hot with a Lemon or Brandy Sauce.

BANANA FRITTERS:

Often served as a Sweet Entrée.

Skin the bananas, removing stringy substance, cut in half lengthwise and in two crosswise. Fry and serve same as Apple Fritters.

APRICOTS À LA MONGOLE:

Split some sound ripe apricots and pit. Dissolve $\frac{1}{4}$ cup of sugar in $\frac{3}{4}$ of a pint of boiling water. When clear and boiling, cook the apricots in the syrup, a few at a time, until tender. Cool and drain. Fill cavity of each half-apricot with a Cream Filling, as for cake, mixed with some cooked rice, place 2 half-apricots together to give the fruit its natural shape. Roll in a beaten egg-white and cake crumbs. Fry to a golden color in hot deep fat.

Sauce: Reduce the syrup to a cup, and thicken to a syrupy consistency with a little cornstarch diluted in a little cold water. Before serving stir in a few bits of butter and a few drops of lemon juice.

COCOANUT FRITTERS:

Mix $\frac{1}{3}$ cup of grated cocoanut in a thick Batter IV, drop in small balls from a tablespoon into hot fat, and

fry to a rich golden color, turning over as needed. Serve with Lemon or Creamy Sauce.

QUEEN FRITTERS:

Prepare a cooked paste as directed at "Cream Puff Cake." Let stand 2 hours, covered with a cloth. Drop from a tablespoon balls the size of a walnut into hot deep fat, not too hot, or they will not swell and fry hollow. Turn them over as needed, until crisp and evenly golden-colored. Drain on brown paper at oven door open. Serve hot and crisp, dredging over some powdered sugar. Send in a boat a Lemon or Vanilla Sauce.

If on trying a ball dropped in hot deep fat, it does not puff hollow, beat into the paste another whole egg.

Soufflés

Soufflés are nearly all made in the same manner. The mixture in which the beaten-stiff egg-whites are folded should always be smooth and of a consistency similar to creamed yolks of eggs in which sugar has been beaten until fluffy, when mixing a Sponge or Savoy Cake. Usually Soufflés require an egg-white for each service, as "soufflé" means, in French, an extremely light mixture.

The sweet soufflé mixture, arranged in a buttered soufflé dish, should be allowed to stand a few minutes on a rather slow spot of the range, before baking it in a moderate oven from 25 to 30 minutes according to its bulk. Five minutes before done dredge over some sifted confectioners' sugar. Serve at once on same dish, as it will fall if allowed to stand. Occasionally Soufflés are ornamented with a little of the reserved soufflé mixture forced through a pastry bag and star tube.

OMELETTE SOUFFLÉE:

This recipe will serve six persons.

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| 5 egg-yolks | 1/2 teaspoon lemon extract |
| 5/8 cup granulated sugar | 1 teaspoon (level) cornstarch |
| 1 teaspoon lemon juice | 6 egg-whites |
| Grated rind of lemon | A dash of salt |

As a variation, substitute for the lemon rind the rind of an orange and for the lemon extract, orange extract. Butter a soufflé dish and dredge with sugar. Rub the egg-yolks until thick and lemon-colored, and, beating, slowly add the sugar. Beat until very light and fluffy. Add the rind and flavorings, also the starch, and beat. Thirty-three minutes before serving add the salt to the egg-whites and beat them to a very stiff froth that will bear an egg. Fold these in the first mixture, and arrange in soufflé dish. Bake about 30 minutes, in a moderate oven, and 10 minutes before done, when turning it around, dredge some sugar over top. Serve at once on same dish as used for baking.

Much care should be taken to grate only the superficial colored rind of the lemon or orange. Usually the Soufflé is baked enough when, in gently shaking the dish, it remains firm on top center.

CHOCOLATE SOUFFLÉ:

Butter a soufflé dish and dust it with sugar. Blend 2 tablespoons of flour in 2 tablespoons of melted butter over the fire, and dilute with $\frac{4}{5}$ cup of scalded milk, while stirring constantly with a wooden spatula till smooth and boiling, adding $\frac{4}{5}$ cup of sugar and $\frac{2}{3}$ cup of powdered unsweetened chocolate, or 2 ounces Baker's Chocolate melted over hot water. Stir until bubbling, remove from the fire, then beat in 3 egg-yolks previously beaten. The cooled mixture should be of a consistency similar to the beaten egg-yolks and sugar, when making a Savoy Cake. Beat in a teaspoon of vanilla, and, if needed, a little cream to bring it to the right consistency, and 25 minutes before serving, beat 5 or 6 egg-whites, with a dash of salt added, to a very stiff, dry froth; fold it in the first mixture, and finish Soufflé as in preceding recipe.

APRICOT OR PLUM SOUFFLÉ:

Rub some thoroughly ripe apricots or green gage plums through a very fine sieve to obtain 8 ounces or a cup of pulp. Add a few drops of lemon juice.

Put 3 tablespoons of water in a small saucepan over

the fire. Pour slowly onto center a generous cup of sugar, then gently stir until the sugar is dissolved, taking care that sugar does not stain the side of pan. It is desirable to add 1 or 2 drops of lemon juice to prevent the granulation, and boil it "to the Crack" (see, "Boiling Sugar to the Crack"). Combine with first mixture and let stand until cold. Thirty-three minutes before serving, fold in 5 or 6 egg-whites beaten to a stiff dry froth that can bear an egg. Arrange it in a buttered soufflé dish dusted with sugar, and bake in a very moderate oven 35 minutes. Ten minutes before done, dredge with sugar. Serve at once on same dish.

PRUNE, APPLE, OR PEAR SOUFFLÉ:

Drain some cold cooked prunes, remove stones, and rub pulp through a sieve. Stir in about $1\frac{1}{3}$ cups of pulp about $\frac{2}{3}$ cup of pulverized sugar, adding $\frac{2}{3}$ teaspoon of cornstarch, 1 teaspoon of lemon juice, and $\frac{2}{3}$ teaspoon of cinnamon. Thirty-two minutes before serving, fold in 5 or 6 egg-whites beaten to a very stiff dry froth. Arrange in a buttered soufflé dish dusted with sugar, bake in a moderate oven 30 minutes, and 5 minutes before done dredge with powdered sugar. Serve at once.

The pulp of steamed or baked apples or pears may be substituted for the prune pulp.

Baked Puddings

LEMON TAPIOCA:

Soak over night $\frac{1}{2}$ cup of tapioca in a pint of cold water. Turn into a slightly buttered glass oven gratin dish, adding the juice and grated rind of half a lemon, and the other half of the lemon, freed of skins, and cut into small pieces, and sweeten to suit the taste. Bake about 30 minutes or until transparent. Serve with a Hard Sauce, lemon-flavored.

QUEEN PUDDING:

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|--------------------------------------|----------------------------------|
| 4 ounces pistachio nuts | $1\frac{1}{2}$ cups scalded milk |
| 4 ounces fine macaroon crumbs | 5 egg-yolks, slightly beaten |
| $3\frac{1}{4}$ ounces butter | $\frac{1}{4}$ teaspoon salt |
| $3\frac{1}{4}$ ounces powdered sugar | 5 egg-whites, beaten very stiff |
| $3\frac{1}{4}$ ounces sifted flour | |

Chop the nuts and mix with crumbs. Dredge a little over bottom and side of a buttered pudding mould. Cream the butter, and continue to rub while slowly adding the sugar. When creamy continue beating and add gradually the flour, then dilute with cooled milk. Cook and stir with a wooden spatula over a slow fire till it forms a smooth soft paste. Remove, when lukewarm add the egg-yolks, and mix well, then fold in the egg-whites beaten with salt. Arrange a layer of this paste at bottom of mould, and spread over a layer of mixed nut-crumbs, repeating layers. Poach in oven as usual $1\frac{1}{2}$ hours. Unmould when needed. Serve with a Custard Sauce with chopped praline added (see, "Praline").

CABINET BREAD PUDDING:

Cut into small dice 2 cups of stale bread, removing crusts. Melt $1\frac{1}{2}$ tablespoons of butter in a pudding dish, add the bread, and bake in a moderate oven until richly golden-colored and crisp. Stir occasionally. Remove and reserve.

While beating 2 whole eggs in a bowl, add $\frac{1}{3}$ cup of sugar, a crushed sugar-cube previously rubbed on a lemon rind, and $\frac{1}{2}$ teaspoon of lemon juice or extract. Continue beating while adding slowly a pint of cooled scalded milk. Mix with the bread $\frac{1}{4}$ cup of picked and seeded raisins, pour over the milk mixture, dredge over with powdered cinnamon, and bake in slow moderate oven until firm.

CABINET BANANA PUDDING:

Same as preceding, adding to bread mixture in pan a banana, sliced crosswise.

CABINET FRENCH PUDDING:

Butter generously a plain cylindrical pudding mold. Cut into dice $\frac{1}{4}$ inch thick 2 cups of stale bread, discarding brown crust. Melt 2 ounces butter in a frying-pan over a moderate fire, add the bread, and cook carefully until golden-brown; stir constantly or shake pan to

obtain an even light brown color. Seed 3 ounces of dates, add 3 ounces of picked-over Sun-Maid seedless raisins and about 5 ounces of mixed citron and candied orange peel cut into short strips. To these add the grated rind of a half-lemon, dredge with a tablespoon of flour and mix, adding if available a few crumbs of almond macaroons. Arrange a layer of browned bread at bottom of mold, dress over it a layer of mixed fruit, and repeat the layers. Finish with bread croutons, adding a tablespoon of lemon juice. Break 3 eggs in a bowl, add $\frac{1}{2}$ cup of sugar, and while beating, add slowly a pint of cooled scalded milk. Strain over mixture in mold. Poach 2 hours in a slow moderate oven. Unmold when warm onto a hot, shallow dish, pour over a hot Sabayon Sauce, made as directed at recipe, "Date Pudding," or serve with a Lemon Sauce.

POOR MAN'S FRUIT PUDDING:

Grate $3\frac{3}{4}$ cups of stale bread crumbs and pour over them $\frac{2}{3}$ cup of sour milk. Sift a cup of flour with a teaspoon each of soda and cinnamon added and $\frac{1}{3}$ teaspoon of salt. Thinly chop 4 ounces of suet, removing skin. Cream the suet, rub, and add $\frac{1}{3}$ cup of brown sugar, then 3 ounces each of seeded raisins and currants, also 2 pared, tart apples, chopped. Combine with first mixture. While stirring the flour mixture, slowly add $\frac{2}{3}$ cup of sour milk and beat well, then combine with the other mixture. Steam 3 hours. Serve with a Hard Sauce, lemon-flavored.

APPLE PUDDING, AND VARIATION:

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|-------------------------|--|
| 4 medium-size apples | 1 ounce butter, cut in bits |
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup apple or apricot jelly |
| 1 cup bread crumbs | $\frac{1}{2}$ cup cold water |
| 1 teaspoon lemon juice | Grated rind of a half-lemon |

With a fork crush the jelly, then stir and add cold water. Cook until the jelly is melted. Butter a quart glass oven soufflé dish. Peel, quarter, core and thinly slice the apples, pour over the lemon juice and dredge with the grated rind. Arrange a layer of apples at

bottom of dish, dredge over some sugar, spread over layer of crumbs, and dot top with bits of butter. Repeat layers until dish is full, finishing with crumbs; then pour over the jelly liquor, dot top with bits of butter, and cover. Poach in a moderate oven 1 hour. Remove the pan in which the pudding has been poached. Take off the lid and bake the uncovered pudding 3 minutes in a quicker oven. Send on same dish. Send Lemon Sauce in a boat, separately.

As a variation, use brown sugar instead of white and for the jelly liquor substitute $\frac{1}{2}$ cup of water boiled with $\frac{1}{2}$ cup of brown sugar and also mix with the apples $\frac{1}{4}$ cup of Sun-Maid seedless raisins.

COTTAGE PUDDING:

| | |
|-----------------------------|-----------------------------------|
| $\frac{1}{4}$ cup butter | 1 cup milk |
| $\frac{3}{5}$ cup sugar | 2 cups (good measure) flour |
| 1 egg, well beaten | 2 rounded teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | |

Cream the butter and beat, slowly adding the sugar, then the egg, and continue to beat well. Still beating, alternately add the milk, and the flour sifted with the baking powder. Arrange the batter in a buttered cake pan and bake in a moderate oven about 35 minutes. Serve with Vanilla or Lemon Sauce.

PEACH COTTAGE PUDDING:

Same as preceding. Arrange in the mixture 4 peeled peaches cut into slices. Serve with a Lemon Sauce or a Hard Sauce, lemon-flavored.

Fruit Puddings

SUET PUDDING:

| | |
|---|---|
| $\frac{1}{2}$ pound sifted flour | $\frac{1}{2}$ teaspoon ginger |
| $\frac{2}{3}$ teaspoon soda | 1 teaspoon cinnamon |
| 1 teaspoon baking powder | $\frac{2}{3}$ cup thinly chopped suet |
| 1 teaspoon salt | $\frac{2}{3}$ cup molasses |
| $\frac{1}{6}$ teaspoon each, nutmeg and clove | $\frac{2}{3}$ cup milk |
| | $\frac{1}{4}$ cup seeded raisins, chopped |

Mix molasses with suet, and while stirring slowly add the milk. Pour and mix into the dry ingredients

sifted together in a bowl, adding the raisins. Arrange mixture in a buttered pudding-mold, tightly cover, placing a greased paper between the lid and mold, and boil $2\frac{1}{2}$ hours as directed (see "How to Boil or Steam Puddings").

FIG PUDDING:

| | |
|---|--------------------------------|
| $\frac{3}{4}$ cup crumbs | 3 eggs, beaten light |
| $\frac{3}{4}$ cup milk | 1 ounce chopped almonds |
| $\frac{3}{4}$ cup chopped suet | (optional) |
| 3 ounces or $\frac{3}{8}$ cup brown sugar | $\frac{3}{4}$ cup sifted flour |
| $\frac{3}{4}$ pound dried figs, chopped, | $\frac{3}{4}$ teaspoon salt |
| or $\frac{1}{2}$ each seeded raisins | 1 teaspoon baking powder |
| and figs | Grated rind of a half-lemon |

Sift the flour, salt, and baking powder together; soak the crumbs in milk; cream the suet, adding the sugar, and, while beating, add the eggs, the soaked crumbs, the almonds, lemon rind, and, lastly, the flour mixture. Arrange it in a greased mold, tightly cover, and steam 3 hours. Serve with a Hard Sauce, lemon-flavored.

DATE PUDDING, OR THANKSGIVING PUDDING:

Soak 8 ounces of beef marrow in lukewarm water 40 minutes, and drain 1 hour onto a strainer. Chop very thin and turn in a bowl, and, while stirring it, add gradually $\frac{2}{5}$ cup of powdered sugar. Continue to rub, slowly adding a cup of dates cut into small dice, 3 cups of grated crumbs of stale bread, $\frac{1}{2}$ teaspoon of salt, the grated rind of an orange, 5 slightly-beaten eggs and $\frac{1}{4}$ cup of Maraschino. If the latter is not available, substitute for it 2 tablespoons of brandy added to water or orange juice, with a teaspoon each of orange extract and lemon juice. Butter generously a selected plain cylindrical mold, place at bottom a round fitting buttered sheet of paper, and arrange in the mixture. Poach 1 hour and 20 minutes in a slow moderate oven. Let stand 10 minutes before unmolding into a shallow dish. Pour over a hot Sabayon Sauce made with the same kind of

liquid that has been used in the pudding, first removing buttered paper. If desired, substitute orange juice for the brandy.

ENGLISH PLUM PUDDING:

- | | |
|---|-------------------------------------|
| ½ pound seeded raisins | 4 cups grated crumbs of stale bread |
| ¼ pound currants | ⅔ teaspoon cinnamon |
| ¼ pound figs or seeded dates, shredded | ⅓ teaspoon each, ginger and nutmeg |
| 6 ounces candied lemon | A dash each, clove and mace |
| 6 ounces candied orange peel | 1 teaspoon lemon juice |
| ½ pound brown sugar | Grated rind of 1 lemon |
| 1 teaspoon of salt | ½ cup molasses |
| ½ pound thinly chopped beef suet, gristle removed | ½ cup brandy |
| ½ pound sifted flour | 2 eggs, beaten light |

Thinly chop the raisins, figs, candied lemon, and orange peel. Put all the dry ingredients in a large bowl, and thoroughly mix, then add the liquid and eggs. Mix all together to a mass of good consistency, and boil 3 hours as directed at "How to Boil and Steam Puddings."

PLAIN PLUM PUDDING:

- | | |
|---|--|
| 1 cup grated crumbs of stale bread | ½ teaspoon each, clove, nutmeg, and allspice |
| 1½ cups chopped suet | 1 cup brown sugar |
| 2 cups seeded raisins | ½ cup mixed citron and candied orange peel |
| ½ pound sifted flour | 1½ cups chopped apples |
| 1 teaspoon each, salt, soda, and cinnamon | ½ cup molasses |
| | 3 eggs, beaten |

Chop the raisins and shred the citron and orange peel. Mix in the order given. Steam 3 hours as directed at "How to Boil and Steam Puddings."

CHEAP PLUM PUDDING:

Soak 1 cup of grated crumbs in ½ cup of scalded milk. When cold add ½ cup each, of thinly chopped suet, seeded raisins, currants, and molasses. Add ½ teaspoon each of cinnamon, mace, and soda, also a dash each of clove, nutmeg, and ginger, and 1 teaspoon of salt. Mix all together, adding just enough sifted flour to obtain a batter of good consistency.

LEFT-OVER PLUM PUDDING:

Slice some left-over plum pudding about $\frac{2}{3}$ of an inch thick. Carefully roll the slices in a beaten egg and in bread crumbs. Fry in hot deep fat to a delicate golden color. Serve with Brandy or Lemon Sauce.

RAISIN PUDDING:

- | | |
|---|--|
| 4 egg-yolks | 3 cups grated crumbs of stale bread |
| $\frac{3}{4}$ cup granulated sugar | 1 quart milk |
| 1 lemon, juice and grated rind | $\frac{1}{3}$ cup mixed citron and candied orange peel |
| $\frac{1}{3}$ teaspoon salt | 4 egg-whites, beaten very stiff |
| 1 cup seeded raisins, par-boiled until soft | $\frac{2}{3}$ cup powdered sugar, sifted |

Thinly shred the citron and orange peel. Pour milk over the crumbs, and, while beating the egg-yolks in a bowl, slowly add the granulated sugar. Continue stirring, and slowly add the crumb mixture, lemon, salt, raisins, and mixed citron and orange peel. Pour in a buttered pudding-dish, and bake in a slow moderate oven about 2 hours; then remove, and partly cool. Cover with a meringue made of the 4 egg-whites and the powdered sugar, and bake in a slack oven until delicately amber-colored.

ROLY POLY:

Roll out some biscuit dough in a rectangular sheet $\frac{1}{4}$ of an inch thick. Arrange over it a thick layer of blackberries or blueberries. Dredge over more or less sugar according to the acidity of the fruit used. Roll up, wet the edge, pinch and twist the ends carefully, roll in a pudding-cloth, leaving enough open space to allow it to expand, and steam one hour. Serve hot with a Lemon or Fruit Sauce. Occasionally served also with plain cream or a Hard Sauce.

APPLE ROLL:

Roll out some rich pie or puff paste in a rectangular shaped sheet $\frac{1}{8}$ of an inch thick. Arrange over it some good cooking apples, chopped, mixed with sugar as needed

and a little powdered cinnamon. Dot a few bits of butter on top.' Roll it same as for Roly Poly, pinch and twist the wetted edge, arrange it in a baking-pan, brush with a beaten egg, and bake 30 minutes in a hot oven. Serve with plain cream or a Hard Sauce lemon-flavored.

PEACH TIMBALE:

Put in a saucepan over the fire a cup of water with $\frac{1}{3}$ teaspoon of salt; when boiling stir in $\frac{1}{2}$ cup of washed Carolina rice, and cook until as thick as mush. Then, stirring the rice mixture, add $\frac{3}{5}$ cup of rich milk scalded with $\frac{1}{4}$ cup sugar; and as soon as it boils again, set in a moderate oven and bake till dry.

Stir 4 egg-yolks in a bowl, adding a teaspoon of lemon juice and the grated rind of a lemon. Continue stirring and add the hot rice. Dust a buttered Charlotte timbale mold with cake crumbs, and spread the rice mixture over bottom and side. Arrange in center some drained canned peaches, cover top with rice, and poach as usual in oven until firm on top center. Serve with a sauce made out of the peach syrup.

APPLE CHARLOTTE:

Peel, quarter, core, and chop 2 pounds of tart apples, and add them at once to the following hot syrup: In a saucepan over a good fire put 3 tablespoons of water. Pour onto center $\frac{2}{3}$ cup of sugar, stirring until dissolved, and when boiling, add the apples. Stir thoroughly, cover, bring quickly to a boil again, and remove the lid; cook until the apples are soft, then cook over a slower fire, constantly stirring with a wooden spatula, until it forms a consistent mixture, adding $\frac{1}{3}$ tumbler of apricot marmalade. Rub through a colander, and beat in the grated rind of a half-lemon and a few bits of butter.

Brush bottom and sides of a Charlotte mold with melted clarified butter. Remove crust of white stale bread, slice it $\frac{1}{4}$ inch thick, cut into strips $1\frac{1}{2}$ inches wide and as long as height of mold; also some slices to

fit, to screen bottom and top of mold. Dip each slice in melted clarified butter, and with the slices screen bottom and sides of mold. Fill center with the apple mixture, cover top with buttered slices, and bake 30 minutes in a hot oven. Allow it to cool 10 minutes, then carefully invert it on a hot serving-dish, and brush with an apricot marmalade, thinned with a few drops of lemon juice.

BAKED APPLE DUMPLING:

Roll out some chilled short pie crust or puff paste, $\frac{1}{8}$ of an inch thick. Cut it into squares large enough to wrap around an apple. Peel and neatly core some tart apples of even, medium size; if the apples are large, cut them in two. Fill center cavity of each apple with about a tablespoon of sugar, to which has been added a very little grated rind lemon and a few drops of the juice, and set on top a bit of butter. Or, leaving out the lemon, fill cavity with sugar mixed with some cinnamon. Put the center of a small sheet of paste on top of apple, then wrap the end under the apple. Wet the overlapping edges and seal them carefully together, leaving no thin open space for steam or juice to escape. Ornament the top with a stamped figure cut out of thinly rolled out dough, then wet the part adhering to the dumpling and press it into place. Arrange the dumpling, overlapping ends downward, in a baking pan, brush with a beaten egg, and bake 40 minutes in a moderate oven. Ten minutes before done dredge over a little icing sugar. The finished article should be richly glazed and retain its shape. Serve warm with a Mapeline or Hard Sauce.

GLAZED BANANAS:

Peel say 6 bananas, removing stringy portions, and cut in half lengthwise, then in two crosswise, and arrange in a selected buttered pan. In a small saucepan over the fire, put a tablespoon of water, 2 tablespoons of lemon juice, and 1 ounce of butter, and when hot, add $\frac{1}{4}$ cup of sugar. Stir until sugar is dissolved. Bake the bananas 20 minutes or until nicely glazed, basting every

4 minutes with the syrup in saucepan. Arrange over buttered toast. To the syrup in the pan, over the fire, add 3 tablespoons of water. Stir bottom until boiling, pour it over the bananas, and let stand 2 minutes before serving.

Various Hot Desserts

FRIED CREAM:

| | |
|--------------------------------|------------------------------|
| $\frac{1}{2}$ cup sugar | 1 pint scalded milk |
| $\frac{1}{2}$ cup sifted flour | 2 egg-yolks, slightly beaten |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon vanilla extract |

Mix the dry ingredients in a saucepan. Set over the fire, and at once, while stirring constantly with a wooden spoon, add about a third of the hot milk. Cook and stir until smooth, and continue stirring while adding very slowly the remaining milk. Cook bubbling and stir 2 minutes, then beat in the eggs. Cook and stir, without bubbling, 5 or 6 minutes or until the eggs are set. Put water in some ramequins, pour out, and spread at bottom of each ramequin a layer of the above mixture nearly an inch thick; straighten the surface, and set in a cold place until next day. Unmold in cracker meal, then roll in cracker meal, beaten egg, and crumbs. Fry in hot deep fat to a crisp delicate golden color. Serve with a hot Vanilla Sauce.

RICE CROQUETTES, SWEET:

Turn $\frac{1}{3}$ cup of washed rice into $\frac{1}{2}$ cup of boiling water over the fire, adding $\frac{1}{5}$ teaspoon of salt. Stir until boiling and boil until water is level with the rice. Then add a good half-cup of boiling milk. Cook until rice is tender, drain, and, while rubbing 2 egg-yolks in a bowl, add 2 tablespoons of powdered sugar and a few drops of orange-blossom water. Continue stirring while adding the hot rice and a few small bits of butter. Mix thoroughly, and spread on a buttered dish to cool. Divide into balls the size of a small egg, shape like a cork, and roll in cracker meal, beaten egg, and crumbs. Fry in hot deep fat to a delicate, crisp, golden color. Serve with Apricot Sauce.

FRENCH TOAST:

Cut 4 slices of stale bread about $\frac{1}{3}$ of an inch thick. Trim off the brown crust. Toast as usual to a crisp even golden-brown color. While beating 2 eggs in a bowl add a dash of salt and, slowly, $1\frac{2}{3}$ cups of milk, also a teaspoon of sugar. Strain into a shallow dish, and 20 minutes before serving arrange in the bread toast, which should float at top. Let stand 10 minutes, turning over once. Melt a tablespoon of butter in an omelet pan over a slow fire. When hot arrange in the slices. Cook about 5 minutes or until golden-browned underneath, pouring the remaining milk mixture slowly over the toast. Turn the toast over and cook until browned underneath, then let fall on each a few drops of lemon juice. Arrange on a hot serving-dish, place on each piece a thin slice of jelly or jam, sprinkle with powdered sugar, and serve with lemon slices or with an Orange Sauce II.

FRENCH SUGAR PANCAKE:

Make the following batter 6 hours before needed. Sift together 1 cup of flour, $\frac{1}{3}$ teaspoon of salt, and $\frac{2}{3}$ teaspoon of sugar. Make a depression in center, turn in 2 whole eggs, and while beating constantly, add slowly a generous cup of milk and a teaspoon of melted butter. The batter should be thin enough to run freely in all directions. Wipe a frying-pan that has a diameter at bottom of a small individual salad dish, and heat over a moderate fire. Add a small bit of butter, size of a pea, spread fat over pan, and before the melted butter colors, add to pan a scant small basting-spoonful of the batter. Raise one side of pan so the batter will spread evenly thin over bottom. Cook about a minute, then turn over and cook the other side about 50 seconds or until delicately golden-colored on both sides. Slip the pancake over a board dusted with powdered sugar, dredge with sugar, fold it in four, and serve at once with a lemon slice.

FRENCH PANCAKE WITH JELLY:

Slip from frying-pan some French pancakes prepared as above, spread on each pancake some marmalade

or jelly—currant, crab apple, or apricot jelly preferred. Roll as a stick, and dust with sugar. Impress sugared surface with a red hot poker in order to caramelize the sugar.

FRENCH PANCAKE SUZETTE:

Serve hot French Sugar Pancakes prepared as above with the following hot sauce: In a small enameled sauce-pan put the juice of an orange, adding 3 sugar cubes previously rubbed on a lemon rind, a teaspoon of lemon juice, and $1\frac{3}{4}$ ounces of best butter cut into bits. Cook while stirring over a slow fire until it forms a thick syrup. If available add 2 tablespoons brandy.

GERMAN PANCAKE:

$\frac{2}{3}$ cup sifted flour
1 teaspoon salt

1 beaten egg
 $\frac{2}{3}$ cup milk

Add egg to flour and salt, and while stirring, add about half of the milk; beat until smooth, continue beating, and add the remaining milk. Melt 2 tablespoons of butter or lard in a thick frying-pan. Pour in the mixture and bake.

Pudding Sauces

VANILLA SAUCE:

Put $\frac{2}{3}$ cup of water in a small saucepan over the fire, add $\frac{1}{3}$ cup of sugar, and stir and boil 1 minute. Dilute a tablespoon of cornstarch in 2 tablespoons of cold water, and, while beating the above mixture with a small wire egg-beater, add the starch. Beat until it bubbles, remove from the fire, then beat in a few bits of butter and a teaspoon of vanilla extract.

LEMON SAUCE:

Same as Vanilla Sauce, substituting for the vanilla $\frac{1}{2}$ teaspoon of lemon extract and a tablespoon of lemon juice. Or, when a richer sauce is desired, boil $\frac{1}{4}$ cup of water with $\frac{3}{4}$ cup of sugar until clear, then remove

from fire and stir in a few bits of butter and the flavoring. It will improve the flavor of the sauce to add to the sugar a sugar-cube rubbed over a lemon-rind.

BRANDY SAUCE:

Put $\frac{3}{4}$ cup of water in a small saucepan over the fire, add $\frac{1}{3}$ cup of sugar and a sugar-cube rubbed over a lemon-rind; boil until clear. While beating with a small wire egg-beater, add a tablespoon of cornstarch diluted in 3 tablespoons of brandy; beat till it bubbles, adding a few drops of lemon juice. Remove from the fire, and beat in a few bits of butter.

WINE SAUCE:

Same as Brandy Sauce, substituting wine for brandy.

CANNED FRUIT SAUCE:

Strain syrup of any canned fruit through a cheese-cloth. If needed, reduce it to obtain 1 cup, or if very rich, add a little water. Boil 2 minutes, thicken to a light syrupy consistency with a little cornstarch diluted in a little water, or thicken with arrowroot.

GOLDEN SAUCE:

Sift together in a small saucepan $\frac{1}{3}$ cup of sugar with a tablespoon of cornstarch. Stirring, add $\frac{4}{5}$ cup of boiling water. Stir over the fire until it bubbles, then beat in 2 slightly-beaten egg-yolks, and cook without boiling 6 minutes or till it masks the spoon. Remove from the fire, and beat in a few bits of butter and 1 teaspoon of vanilla or lemon extract.

CREAMY LEMON SAUCE:

Sift into a small saucepan 3 ounces of sugar and a tablespoon of flour. Add a sugar-cube rubbed on a lemon-rind, and while stirring, gradually add a scant cup of hot scalded milk. Stir and boil 1 minute, then beat in 2 slightly beaten egg-yolks, and cook 6 minutes

without boiling or until it fairly masks the spoon. Remove from the fire, then add $\frac{1}{2}$ teaspoon of lemon extract and 1 tablespoon of lemon juice, and strain.

CREAMY ORANGE SAUCE:

Same as Creamy Lemon Sauce, only rub the sugar-cube over an orange-rind. Flavor with $\frac{1}{2}$ teaspoon of orange extract and add 3 tablespoons of orange juice and a few drops of lemon juice.

ORANGE SAUCE, I:

Put $\frac{2}{3}$ cup of sour orange juice, a sugar-cube rubbed on an orange-rind, 2 egg-yolks, and $\frac{1}{4}$ cup of sugar, in a double boiler over the fire, beating mixture constantly with a small wire egg-beater until it thickens; then beat the hot custard mixture into the whites of two eggs, beaten stiff.

ORANGE SAUCE, II:

Beat 2 egg-whites to a stiff dry froth, gently stir in $\frac{1}{3}$ cup of sifted powdered sugar, the juice of a sour orange, a few drops of orange-blossom water, and, if the orange is sweet, add a few drops of lemon juice.

HARD SAUCE, LEMON-FLAVORED:

Rub 2 ounces of butter until creamy, and, stirring, add gradually about 4 ounces of powdered sugar. Stir until creamy, then add a tablespoon of lemon juice and $\frac{1}{4}$ teaspoon of lemon extract.

HARD SAUCE, VANILLA-FLAVORED:

Same as preceding recipe, substituting $\frac{1}{2}$ teaspoon of vanilla for the lemon juice and lemon extract.

SABAYON SAUCE:

Put in a small saucepan $\frac{1}{4}$ cup of sugar, 2 egg-yolks, and 1 whole egg. Stir until thoroughly mixed, and, while stirring, add slowly $\frac{1}{4}$ cup of sherry. Set the pan over a slow fire, and stir the bottom constantly with

a wooden spoon until it fairly masks the spoon without allowing it to get too hot. If to be served hot reserve in a bath of hot water, but if served cold remove from the fire and beat with a wire egg-beater until cold.

If not available, substitute for the sherry any one of the following: Fruit juice, white wine, Maraschino, etc.

SYRUP SAUCE:

Put in a small saucepan over the fire $\frac{1}{4}$ cup of water, add a cup of sugar, stir until sugar is dissolved, and boil until clear. Remove from the fire, then beat in a few bits of butter and flavor as desired with any one of the following: Fruit juice, flavoring extract, Maraschino, Kirsch, etc.

MAPELINE SAUCE:

Mix in a small saucepan $\frac{1}{3}$ cup sugar and a tablespoon of cornstarch, and while stirring, add slowly $\frac{3}{4}$ cup of boiling water. Cook and beat until it bubbles, then remove from fire and beat in a few bits of butter and a teaspoon of Mapeline.

BOILED CUSTARD SAUCE:

Put in a small saucepan $\frac{1}{3}$ cup of sugar and 3 egg-yolks, stir until thoroughly mixed, and, while beating with a small wire egg-beater, slowly add a scant cup of milk. Set over a slow fire, and stir the bottom constantly with a wooden spoon until it fairly masks the spoon.

This sauce should not be cooked at too high a temperature, else it will curdle. Straining and beating renders the sauce light and smooth. A teaspoon of vanilla may be added as flavoring. If the sauce is to be served cold, beat it until cold. If served hot with plum pudding, etc., this sauce may be flavored with either brandy or Kirsch, or, lacking these, add a teaspoon each of lemon juice and lemon extract.

CREAMY SAUCE:

Sift together in a small saucepan $\frac{1}{3}$ cup of sugar and a tablespoon of flour, and while stirring, add slowly a

scant cup of hot scalded rich milk. Set over the fire and beat until boiling. Cook 2 minutes, then remove from fire and beat in 2 slightly-beaten egg-yolks. Cook, stirring constantly over a slow fire below the boiling point, about 5 minutes or until it fairly masks the spoon. Remove from the fire, add a teaspoon of vanilla, and beat until cold, or strain. If too thick, beat in a little cream.

MOLASSES SAUCE:

Boil 1 cup of molasses 3 minutes, remove from the fire, then beat in a few bits of best butter, a teaspoon of lemon juice, and a few grains of salt.

JELLY SAUCE, I:

Put $\frac{1}{2}$ cup of apricot or currant jelly in a small saucepan. Beat with a small wire egg-beater, and continuing to beat, add 3 tablespoons of sugar and $\frac{1}{2}$ cup of water. Cook and beat until it bubbles, simmer a few minutes, then thicken as usual with a little cornstarch, and give a bubble. Remove from the fire, then beat in a few bits of butter and a few drops of lemon juice.

JELLY SAUCE, II:

To half a glass of any kind of good jelly add a few drops of lemon juice, and beat until smooth. Add a few grains of salt to two egg-whites, beat them to a stiff dry froth, and gently combine with the first mixture.

CARAMEL SAUCE:

Put in a small frying-pan $\frac{3}{4}$ cup of sugar, and add 2 drops of lemon juice. Occasionally lifting the pan off the fire and stirring bottom with a wooden spatula so it may caramelize evenly, cook the sugar until it assumes a rich golden-brown color. At once add carefully and very slowly $\frac{1}{4}$ cup of hot water. Stir, simmer 3 minutes, then remove from fire, and beat in a few bits of best butter and a teaspoon of vanilla.

Cold, this sauce should be of a syrupy consistency.

Or, to a Vanilla Sauce add 4 tablespoons of Caramel Syrup (see recipe).

CHOCOLATE SAUCE FOR PUDDINGS:

| | |
|--------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup sugar | 1 cup boiling water or milk |
| 1 tablespoon flour | A few bits of butter |
| $\frac{1}{4}$ cup powdered chocolate | $\frac{1}{2}$ teaspoon vanilla |

Mix the dry ingredients in a small saucepan. Stirring, add the boiling liquid. Cook and stir over the fire until boiling again, and cook 2 minutes. Remove from the fire, then beat in the butter and vanilla.

CREAMY CHOCOLATE SAUCE:

| | |
|--|----------------------------------|
| $\frac{1}{2}$ cup sugar | $1\frac{1}{4}$ cups scalded milk |
| $1\frac{1}{2}$ ounces powdered chocolate | 2 egg-yolks, slightly beaten |
| 1 tablespoon flour, sifted | 1 teaspoon vanilla |

Mix the dry ingredients in a small saucepan. Stirring the bottom with a wooden spatula, gradually add the boiling milk to pan placed over the fire. Boil 2 minutes. Remove from fire, and, while beating constantly, add the egg-yolks. Replace the pan over a slow fire, stir, and cook below the boiling point about 6 minutes or until the eggs are set. Remove and beat in the vanilla.

MARSHMALLOW SAUCE:

Prepare a Vanilla Sauce as directed at recipe. Add 6 marshmallows cut into pieces, stir until dissolved, remove from the fire, beat in a few bits of butter and a teaspoon of vanilla.

FOAMY SAUCE:

Beat two egg-whites to a firm dry froth. Gently mix in $\frac{4}{5}$ cup of sifted powdered sugar; then add $\frac{1}{2}$ cup of hot milk, and $\frac{2}{3}$ teaspoon of vanilla or lemon extract.

Or, cook and stir in a double boiler $\frac{1}{3}$ cup of milk, $\frac{1}{3}$ cup of sugar, and 2 egg-yolks, until it has thickened. Beat 2 egg-whites with a few grains of salt added, until very firm, and continue to beat, while slowly adding the above hot custard and $\frac{1}{2}$ teaspoon of the desired flavoring extract.

CHAPTER XXII

COLD DESSERTS

CUSTARDS -TAPIOCA, RICE, AND SAGO PUDDINGS -CREAM
FLANS AND BLANCMANGE—WHIPPED CREAM DES-
SERTS—FRUIT WHIPS—COMPOTES

IT is occasionally desirable to decorate sweet dishes artistically with fresh flowers alternating with their green leaves, or with fresh berries and their leaves. Attractive garnishings may also be made with candied fruits or violets, and with figures cut out of Angelica or sliced jellies. For ceremonial events, beautiful decorations may be made with Spun Sugar.

CUSTARD:

Flavoring:

- 1 pint milk
- $\frac{1}{2}$ cup sugar
- 3 eggs and 1 egg-yolk

To milk add half a vanilla bean or a cinnamon stick—failing these add to strained mixture a teaspoon of vanilla

Scald the milk with the sugar and flavoring stick or bean. Remove, and partly cool, then, while beating the eggs in a bowl, add the milk very slowly, and strain. Butter some individual small timbales, dredge with powdered sugar, fill with the custard, and arrange in a pudding dish. Pour in boiling water to $\frac{3}{4}$ of mold height, add $\frac{1}{2}$ cup of cold water, and bake in a slow moderate oven until firm on top center.

The water should never be allowed to even threaten to boil.

CARAMEL CUSTARD:

Butter and dredge with powdered sugar say 6 individual custard cups or molds. Pour into bottom of each cup a teaspoon of Caramel Syrup (see recipe), which should always be kept on hand on account of its numerous uses. Prepare a Custard mixture as directed

in preceding recipe, and before straining it, flavor with a teaspoon of Vanilla and beat in a tablespoon of Caramel Syrup. Fill cups and poach as in preceding.

CREAM CUSTARD:

Using 6 egg-yolks and 1 egg-white, instead of whole eggs, proceed as in either of two preceding recipes.

RICE CUSTARD:

Put $\frac{2}{3}$ cup of left-over boiled rice in a strainer placed in a saucepan. Let cold water run over it, then, using a carving fork, separate the kernels. Drain 1 hour. Fill each buttered cup $\frac{2}{3}$ full of a Custard mixture made as directed in any of the three preceding recipes. Fill each mold with the rice and poach as directed.

CHOCOLATE CUSTARD:

- | | |
|---|---|
| $\frac{1}{3}$ cup sugar | 1 teaspoon vanilla |
| 2 ounces powdered chocolate, unsweetened | 3 egg-whites |
| 1 pint scalded milk, cooled | 3 heaping tablespoons of sifted powdered sugar |
| 2 eggs and 3 egg-yolks | |

Dredge some buttered individual table ramequins with sugar. Mix the granulated sugar and chocolate in a saucepan. Stir while adding half of the milk, and boil a minute, stirring. Remove and cool.

Beat in a bowl the 2 whole eggs and 3 yolks, with the flavoring added, and still beating, pour in very gradually the cooled chocolate mixture and remaining milk. Strain. Fill the timbale molds, and poach same as Custard above until firm on top center. When done, remove and let partly cool. Beat the egg-whites to a firm stiff-dry froth, gently mix in the powdered sugar, and with a pastry bag and star tube, ornament top of custard, then dredge with sugar, and bake to a delicate amber color in a slack oven.

FLOATING ISLAND:

| | |
|---------------------------|----------------------------|
| 3 egg-whites | $\frac{1}{2}$ vanilla bean |
| A dash salt | 3 egg-yolks |
| 2 $\frac{1}{2}$ cups milk | 2 tablespoons sifted flour |
| $\frac{1}{3}$ cup sugar | |

To the egg-whites in a bowl add salt and beat to a stiff froth that will bear an egg. Put the milk, with a tablespoon of the sugar and vanilla bean, in a shallow pudding pan, stir, and bring to a bubble. With a basting spoon shape the egg-whites into an oval form. Drop 4 ovals in the milk, allowing space for their expansion. Let milk simmer very slowly, cooking the ovals about 3 minutes on each side. Turn over as needed, then, using a skimmer, remove the ovals to a strainer. Finish shaping and cooking the remaining egg-whites. To the remaining sugar in saucepan add the flour, mix well, then, while stirring, slowly add the boiling milk. Stir and boil 2 minutes. Then, while beating the egg-yolks in a bowl, add a little of the hot milk mixture; combine the two mixtures and cook, below the boiling point, till the eggs are set and it masks the spoon. Strain the sauce and beat while cooling. If the cooled sauce is too thick, beat in a little cream. Pour into a shallow glass dish, arrange over it the cooked meringue, and set on each oval a slice of currant or crab-apple jelly.

If vanilla bean has not been used, add to sauce a teaspoon of vanilla extract.

DATE CUSTARD:

Chop a cup of dates, and leaving out the rice, proceed as directed at "Rice Custard."

ORANGE CUSTARD MERINGUE:

Divide 2 peeled and seeded sour oranges into sections, removing white substance and rind. Arrange in a buttered pudding pan dusted with powdered sugar, and strain into it a Custard mixture flavored only with a half-teaspoon of orange extract. Poach same as Custard. When done, remove and let partly cool, then cover and ornament it with a meringue made of 3 egg-whites and

3 heaping tablespoons of sifted powdered sugar. Dredge over some sugar, and bake in a slack oven until delicately amber-colored.

BANANA PUDDING:

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|---|---------------------------------------|
| 4 bananas peeled, stringy parts removed | 1 teaspoon lemon juice |
| 1 ounce butter | 1 egg and 1 egg-yolk, slightly beaten |
| $\frac{1}{4}$ cup sugar | $\frac{1}{2}$ cup rich milk |
| A little grated rind of lemon | |

Rub the bananas through a purée strainer. Rub the butter until creamy, and gradually add the sugar; continue stirring, and add the lemon-rind and juice, the fruit pulp, eggs, and milk. Turn into a buttered pudding mold dusted with powdered sugar, and poach as usual in a slow moderate oven until firm on top center. Serve with a Lemon Sauce, or, leaving out the sauce, cover pudding with a meringue made as directed at that recipe.

TAPIOCA PUDDING:

Soak over night $\frac{1}{2}$ cup of pearl tapioca; drain. To a pint of milk in a saucepan over the fire add $\frac{1}{3}$ cup of sugar and a sugar-cube rubbed on a lemon-rind. Stir until boiling, then, constantly stirring bottom with a wooden spatula, add and cook the tapioca until transparent and soft, stirring all the while. When done, place the pan in a bath of hot water.

While beating 2 or 3 egg-yolks in a bowl, add 1 tablespoon of lemon juice and a few drops of lemon or orange extract. Turn into the tapioca mixture while stirring constantly until the eggs are set. Beat 2 egg-whites, with a dash of salt added, until stiff; fold these into the first mixture, removed from the fire. When cooled, serve in a shallow glass dish with a Creamy Sauce, lemon-flavored, or with a Lemon Sauce.

SAGO PUDDING:

Soak $\frac{1}{2}$ cup of sago 2 hours; drain, and proceed as directed in preceding recipe.

RICE RAISIN PUDDING WITH LEFT-OVER RICE:

- | | |
|-------------------------------------|---|
| 1½ to, 2 cups left-over boiled rice | ¼ cup Sun Maid seedless raisins |
| ½ cup sugar | ½ teaspoon each, lemon juice and extract |
| 2 eggs | 1 sugar-cube rubbed on lemon rind and dissolved in milk |
| 1½ cups scalded milk | |

Put rice in a strainer, placed in a saucepan. Let cold water run over it and with a carving fork separate the kernels. Drain 1 hour on strainer. Arrange a layer of rice at bottom of a buttered pudding-dish dusted with sugar; spread over the raisins and cover with a layer of the remaining rice. While beating the eggs in a bowl, gradually add first the sugar, then the cooled milk and flavoring, and beat well. Strain into first mixture in pudding-dish, and dredge over some powdered cinnamon. Poach same as Custard in a very moderate oven until firm on top center. Serve with a Lemon or Creamy Sauce.

MOLDED RICE AU CARMEL:

- | | |
|--------------------------------|---------------------------------|
| ⅔ cup washed rice | 3 or 4 egg-yolks |
| 1 cup boiling water | ½ cup sugar |
| ⅓ teaspoon salt | 1 teaspoon vanilla |
| 1 pint (generous measure) milk | 3 or 4 egg-whites, beaten stiff |
| | ¼ cup Caramel Syrup |

Stir the rice in the boiling water over the fire and boil until the rice is level with the water, then drain. Turn the rice into the boiling milk and boil until tender adding salt and a small vanilla bean. Turn the rice mixture into a bowl to cool. There should be about ⅓ cup of rice liquor with rice; if not, add a tablespoon of cream, and remove bean. Add the vanilla extract to the egg-yolks and while beating slowly add the sugar. Then combine with the rice mixture, and lastly, fold in the egg-whites. Butter a melon-shaped mold, dredge with powdered sugar, and pour in the Caramel Syrup (see recipe). Carefully arrange in the rice mixture, and poach as usual in a slow moderate oven about 1 hour, or until firm on top center. When cooled, unmold on a

cold dish. A Creamy Sauce, vanilla-flavored, is usually served in a boat.

The caramel used in this article should be flavored with a little vanilla.

JUNKET CUSTARD:

Use a crushed junket tablet dissolved in a tablespoon of water, or a tablespoon of rennet liquid, to each quart milk. These products are extracted from the rennin, a ferment which is found in the glands of the calf.

Method: Put a quart of milk in a saucepan over a slow fire, adding, and stirring until dissolved, $\frac{1}{3}$ cup of sugar, and a dash of salt, and let stand until just lukewarm. Add the junket and a teaspoon of the desired flavoring, and stir. Fill a glass cup and let stand in a moderately warm place until jellied or set. When chilled, serve with whipped cream.

CARAMEL JUNKET:

Proceed as in above recipe, using one-half less sugar and adding $\frac{1}{4}$ cup of Caramel Syrup, also $\frac{1}{4}$ cup less milk. Flavor with a teaspoon of vanilla.

LEONTINE ALMOND CREAM FLAN:

| | |
|------------------------------------|--------------------------------|
| $\frac{1}{4}$ cup granulated sugar | 1 ounce almond macaroon |
| $\frac{1}{2}$ cup sifted flour | crumbs |
| A dash of salt | 1 teaspoon vanilla |
| 1 pint scalded milk | 3 egg-whites, beaten stiff dry |
| 2 or 3 egg-yolks | 3 heaping tablespoons powdered |
| 1 teaspoon melted butter | sugar |

Mix in a saucepan the granulated sugar, flour, and salt, and while beating add a third of the hot milk; beat constantly over the fire until thick and smooth, and continue beating while slowly adding the remaining milk. Stir and cook until smooth and boiling, simmer two minutes, remove from the fire, and while stirring, add the egg-yolks, slightly beaten, the butter, vanilla, and macaroon crumbs. Cook over a slow fire without boiling, stirring until the eggs are set and the mixture thick. Remove from the fire and beat till partly cooled. Pour in a buttered glass oven dish and straighten surface.

Cover and ornament with a meringue made with the egg-whites and sifted powdered sugar, dust with sugar, and bake 10 minutes in a slack oven.

CHOCOLATE CREAM FLAN:

Same as preceding, only mix with the granulated sugar and the flour $1\frac{1}{2}$ ounces of powdered unsweetened chocolate.

CORNSTARCH BLANC-MANGE:

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|------------------------------|---------------------------------------|
| $\frac{1}{3}$ cup sugar | A dash of salt |
| $\frac{1}{3}$ cup cornstarch | A piece of vanilla bean |
| 1 pint milk | At option, a slightly-beaten egg-yolk |

Scald the milk with the vanilla bean. Thoroughly mix dry ingredients in a saucepan. Set over the fire and while constantly beating and stirring the sugar-cornstarch mixture, add half of the hot milk and as it thickens, add the remaining milk. Stir or beat until thick, smooth and bubbling. Cook about 5 minutes, the pan placed in boiling water. If desired, beat in the egg-yolk and cook without boiling a few minutes longer. Turn into wet molds or cups, and remove bean.

Cornstarch Blanc-Mange should be just thick enough to retain its shape. If lacking the vanilla bean, add to finished article $\frac{1}{2}$ teaspoon of vanilla extract.

CHOCOLATE BLANC-MANGE:

Same as preceding, except stir in with the sugar and flour $\frac{1}{2}$ cup of powdered unsweetened chocolate, and use a trifle less cornstarch.

Whipped Cream

By whipping cream stiff it increases to about two and a half times its bulk. Thoroughly chill cream before whipping.

Heavy cream that is to be combined with other materials to make dessert is usually first thinned with about a third or a fourth of its bulk in rich milk. When the whipped cream is to be used for ornamentation, thick cream is usually thinned with a fifth of its bulk in milk,

though occasionally thick chilled cream may be beaten undiluted. It should be noted that unchilled thick cream beaten a few seconds too long will turn into butter.

Method of Whipping Thick Cream: Pour the cream into a bowl that has a deep, narrow, curved bottom sharply converging nearly to a point. Set it over the ice 2 or 3 hours before needed. Set the bowl in ice water or in cracked ice, then, using a chilled wire whip or Dover beater, beat slowly at first, gradually increasing the speed, and beating until stiff. This will require but a few minutes if the work is done in a cold place. Arrange the cream on a fine sieve and let stand a few minutes before folding it into other mixtures.

Method of Whipping Thin Cream: Chill thin cream as directed above. Then, using a chilled wire whip or Dover beater, beat as directed. As soon as whipped cream has formed and floats on top, force it into the cream underneath, then beat again until stiff, and using a skimmer, remove the whipped cream onto a fine sieve. Collect the thin cream under sieve to add to cream in bowl, and repeat same process until the whip has no more power on the too-low cream. The remaining cream is often used to soak gelatine, when a greater firmness is needed so that whipped cream may be turned out in shape; then use a tablespoon, or half an envelope, of granulated gelatine to each pint of chilled cream whipped stiff-firm. Soak in a small saucepan, for 20 minutes, 1 tablespoon of gelatine in $\frac{1}{4}$ cup of the remaining cream, then set it in a bath of hot water, stir until thoroughly dissolved, strain through a cheese-cloth, and as it cools fold it in a chilled whipped cream.

Whipped Cream for Sauce: Whipped cream for sauce should always be made of thin cream, and often the top of table cream is suitable for this purpose. Proceed as for whipping thin cream.

When chilled thin cream will not whip, add a chilled egg-white.

Whipped cream is always sweetened and flavored after it has been whipped, then gently mix in with a wooden spoon the sifted powdered sugar and add flavoring.

MOCHA CREAM CHANTILLY:

Using 2 ounces of ground coffee and $\frac{3}{4}$ cup of water, make a very strong coffee. Strain through a doubled cheese-cloth. Add $\frac{1}{3}$ cup of sugar, and cook over a slow fire until as thick as molasses. Cool. Whip as above a pint chilled cream until stiff. Drain on a fine sieve 15 minutes, then using a wooden spoon, gently mix the cooled syrup into the chilled cream. Serve chilled in a chilled glass with light cakes.

VARIOUS WHIPPED CREAM DESSERTS:

Fruit drained of juice may be rubbed through a purée strainer that will hold back the seeds and the pulp, sweetened as needed with pulverized sugar, and gently mixed with a wooden spoon in a chilled whipped cream.

Or melt over hot water 2 or 3 heaping tablespoons of cocoa or grated Baker's Chocolate, to which a tablespoon or so of cream has been added, and sweeten to taste. When cold it may be added to some chilled whipped cream. Flavor with a little vanilla. Or, simply sweeten some whipped cream to the taste, flavor as desired, and add some chopped nuts. All these are served chilled in chilled glasses, with light cakes.

APPLE WHIP:

Rub the pulp of cold baked or steamed apples through a sieve into a bowl, to obtain about a cup of pulp. Sweeten with pulverized sugar to suit the case and chill. Add 2 chilled egg-whites and beat the thoroughly chilled mixture until stiff. Serve with a Lemon or Creamy Sauce, or utilize it as a filling for layer cake.

STRAWBERRY WHIP:

Mash in a chilled bowl a cup of strawberries, sweeten with about $\frac{2}{3}$ cup of pulverized sugar, chill, add 2

chilled egg-whites and beat vigorously in a cold place until stiff. Or fold the egg-whites, beaten stiff, in the fruit mixture.

LEMON WHIP:

| | |
|------------------------------------|---------------------------|
| 2 ounces sugar | 3 tablespoons lemon juice |
| 2 sugar-cubes rubbed on lemon-rind | 3 egg-yolks |
| | 3 egg-whites |

Put sugar, egg-yolks, and lemon juice in a double boiler, and constantly stirring, cook until thick. Add a dash of salt to the egg-whites, and beat them to a stiff firm froth. Continue beating, pouring all at once into the first hot mixture. Beat until nearly cold. Serve chilled in a chilled glass, or serve with an Orange or Lemon Jelly as a substitute for whipped cream.

SABAYON IN GLASS:

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|-------------------------|---|
| 3 egg-yolks | $\frac{1}{2}$ cup sherry, Sauterne, Maraschino, or brandy, or fruit |
| 2 eggs | juice with a little lemon |
| $\frac{1}{2}$ cup sugar | juice added |

Same process as for Sabayon Sauce. When done beat with a wire egg-beater until nearly cooled. Pack in crystal glasses.

APPLE SAUCE:

Peel, quarter, and core 2 pounds of good cooking apples, and slice thin. If the apples are the early green variety, do not peel them. Put over a good fire in a saucepan $\frac{1}{4}$ cup of water and $\frac{1}{2}$ cup of sugar. Stir until sugar is dissolved, boil a minute, then stir in the apples, and cover so it comes quickly to a boil, as the quicker the apples are cooked the better will be the sauce. When boiling, remove the lid and finish cooking the apples until tender, stirring bottom as needed with a wooden spatula to prevent scorching. Rub through a colander, stir in a few bits of butter, then a little lemon juice, adding a piece of lemon-rind, which remove before the apples have cooled.

BAKED APPLES:

Use brown or granulated sugar. Polish some good cooking apples, cut a thin slice from blossom end, and core. Arrange the apples to just cover bottom of a pan, adding for 6 or 8 apples, a hot syrup made of half a cup of water and as much sugar. Bake in a moderate oven until soft, basting occasionally with syrup in pan. Apples that do not bake well may be arranged in a shallow pudding-pan with the same syrup as above added, and baked tightly covered until tender, then remove the lid, and set the pan over the highest grate of the oven until nicely glazed, turning pan around as needed. For these baking apples a stick of cinnamon may be added to the syrup, or, good tart apples prepared as above are arranged in pan, and the core cavities filled with sugar mixed with cinnamon or grated rind of lemon, a bit of butter set over top, and baked.

Compotes

Compote is fresh fruit stewed in sugar syrup. It is occasionally served with cake as a dessert or served with a meat course.

BANANA COMPOTE:

Peel 5 sound ripe bananas, remove stringy parts, and slice crosswise $\frac{1}{8}$ of an inch thick. Boil until clear $\frac{2}{3}$ cup of water with as much sugar. Add half of the bananas and cook until tender. With a skimmer, remove the bananas to a bowl, and in the boiling syrup left in pan cook the remainder of the bananas until tender, lift out and put in bowl with the others. Reduce the liquor to consistency of ordinary syrup, and pour it boiling hot over the bananas; add to syrup, if desired, a piece of lemon-rind and a teaspoon of lemon juice.

APPLE COMPOTE:

Peel 5 apples and cut into quarters, remove core centers, slice each quarter lengthwise in 3 or 4 evenly thick slices, and proceed as directed at "Banana Compote." The apples require longer cooking, and it may be necessary to add a little boiling water.

STRAWBERRY COMPOTE:

To $\frac{1}{4}$ cup water in a saucepan over the fire add a cup of sugar, and boil until clear. Turn into the boiling syrup 1 pint of sound, ripe strawberries, and shaking pan, cook $\frac{1}{2}$ minute. With a skimmer remove the berries to a serving dish, reduce the liquor to a syrupy consistency, remove and let cool. Pour over the berries.

GOOSEBERRY COMPOTE:

Made in the same manner as Strawberry Compote, cooking the berries until rather soft.

RHUBARB COMPOTE:

Peel some stalks of rhubarb and cut into inch sections. Make a syrup and proceed as directed at "Strawberry Compote," using a cup of sugar to each pound of fruit. Cook the rhubarb very slowly about 5 minutes or until slightly tender, gently shaking the pan. The pieces must retain their shape. Then, using a skimmer, remove them to a bowl, reduce the liquor to a syrupy consistency, and pour it boiling hot onto the rhubarb.

ORANGE COMPOTE:

Take 8 oranges, and very thinly shred the rind of 2; peel all through the meat, the knife following the inner white skin; collect all the juice. Divide the oranges in sections, removing seeds, white pulp, and tough portions. In a saucepan over the fire add $1\frac{1}{2}$ cups of water, as much sugar, 1 or 2 tablespoons of lemon juice, according to the sweetness of the fruit, and the shredded rind, stir until boiling, and boil 3 minutes. Add half of the oranges, and simmer 30 minutes or until tender. Then, leaving the shredded rind in the syrup, with a skimmer lift the oranges out, put them in a bowl, then cook the remaining oranges as before. When tender remove the oranges to bowl, as above, boil the syrup 3 minutes, and pour it on the oranges. Mandarin oranges cooked in this manner are very nice. Serve cold with ice cream or with Bavarian Cream, or may be served with cakes as a plain dessert.

CHAPTER XXIII

GELATINE DESSERTS, BAVARIAN CREAMS
AND CHARLOTTE RusSE

Rules for Making Gelatine Desserts

WHEN making desserts with gelatine use the quantity directed on package of the manufactured product, at least for the first time, as after that you may draw your own conclusions and do the mixing according to results. The best and most delicate gelatines are those that are just stiff enough to retain their shape. Usually a tablespoon or half of an envelope of granulated gelatine will stiffen or jelly two cups or one pint of liquor. In this must be included the soaking liquor, fruit juice, flavoring, or coloring used in the mixture.

Always soak the gelatine 20 minutes in four times as much cold liquid or until softened. It is best to stir it occasionally.

Put the amount of liquid required in a saucepan over the fire, add the sugar, stir until dissolved, and boil until clear. Remove from the fire, and, using a wire egg-beater, beat in the gelatine, taking care not to pour any gelatine on the side of pan. Stir bottom with wooden spoon, and after the gelatine is thoroughly dissolved, strain it through a fine sieve, then pour it into a wet mold and set aside in a cold place until jellied.

The mixture should not boil after the gelatine is added, else it will be tough. In cold weather the gelatine will be firm in 5 or 6 hours, but in hot weather it will be necessary to set it over the ice, or make it the day before using it; or, if no ice on hand and the gelatine has to be served after six hours, use $1\frac{1}{4}$ tablespoons of gelatine to each pint of liquid. This excess of gelatine is not desirable, however, as it will impair its flavor and the long standing will make it tough.

Russian jelly differs from the above plain-moulded gelatine, in that the cooling gelatine is set in ice water or in broken ice, and just before it begins to set is beaten to

a stiff froth nearly firm, then arranged in a wet mold and set aside in a cold place until firm.

Snow pudding is a Russian gelatine mixture with stiff-beaten egg-whites added. It is often served in a glass with cream.

LEMON JELLY:

Soak 2 tablespoons or an envelope of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil a pint of water and a scant cup of sugar until clear, adding a thin slice of lemon-rind. Remove from the fire, dissolve in the soaked gelatine, add $\frac{1}{2}$ cup of lemon juice, and strain through a cheese-cloth. Pour into a wet mold, and set in a cold place until firm.

ORANGE JELLY:

Soak 2 tablespoons or an envelope of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil $\frac{2}{3}$ pint of water with a cup of sugar until clear, adding a thin slice of orange rind. Remove from the fire, and dissolve in the gelatine. Using a glass squeezer, extract the juice of some oranges cut in half, sufficient to obtain a cup of juice, and also the juice of a lemon. Strain juice through a cheese-cloth into the gelatine, and mold as in preceding recipe.

WINE JELLY:

Soak 2 tablespoons or an envelope of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil a scant pint of water and a cup of sugar until clear. Remove from the fire, dissolve in the gelatine, and add $\frac{2}{3}$ cup of wine and the juice of 1 or 2 lemons. Mold as above.

GRAPE FRUIT JELLY:

Soak 2 tablespoons or an envelope of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of water. Boil until clear $\frac{1}{2}$ cup of water and a scant cup of sugar with a thin slice of grape fruit rind added. Remove from the fire, dissolve in the gelatine, then add 1 gill of sherry and

nearly 2 cups of grapefruit juice and pulp. When the gelatine is nearly at setting point, pour it in a wet mold, and set in a cold place until firm. Cut the jelly into small cubes, arrange it in baskets made from the grapefruit skin, and place on top a nice strawberry or a candied cherry.

FRUITS MOLDED IN JELLY:

Make a Lemon, Orange, or Wine Jelly. Put a wet mold in broken ice, pour over bottom a layer, $\frac{1}{6}$ inch thick, of a cooled Lemon Jelly near setting, and when firm, arrange in some thin slices of any kind of soft fruit. Pour in enough gelatine to screen the fruit, and let stand till firm. Repeat until mold is full. Serve with a Whipped Cream or with a Creamy Sauce.

If the fruit used is such as pears or apples, cook sliced till tender in the syrup before the gelatine is dissolved. With the skimmer, lift out the fruit and reserve to use as directed above, and with liquor finish to make a Lemon or Wine Jelly.

PINEAPPLE JELLY:

Drain a can of pineapple. Soak 2 tablespoons or an envelope of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil a few minutes $1\frac{1}{2}$ cups of pineapple liquor with $\frac{2}{3}$ cup of sugar, remove from the fire, dissolve in the gelatine, add 1 cup of cold water and the juice of 1 lemon, strain and let cool. Pour over bottom of a wet mold set in broken ice enough gelatine to obtain a layer $\frac{1}{6}$ inch thick. When firm arrange in some sliced pineapple, and pour over enough gelatine to screen the fruit; when again firm, repeat the same process until the mold is full.

FRENCH ORANGE JELLY:

Cut from as many oranges as services a thick slice from blossom ends, leaving about $\frac{2}{3}$ of each orange intact. Remove juice and pulp of oranges and with them make an Orange Jelly. Cut the edge of each orange into fancy pointed shape like saw teeth. Cut the firm, chilled

Orange Jelly into cubes, arrange in orange cup, ornament top with whipped sweetened cream, and set on top center a strawberry or a candied cherry.

RICE APRICOT JELLIED TIMBALE:

Drain a can of apricots, chill the drained fruit, and reduce the fruit liquor to $1\frac{1}{4}$ cups. Add 1 ounce of sugar, stir and boil until clear, remove from the fire, then dissolve in a scant tablespoon of granulated gelatine that has soaked 20 minutes in $\frac{1}{4}$ cup of cold water. Add a teaspoon of lemon juice, then strain and let cool. Chill a timbale mold in broken ice, pour over bottom and side of mold $\frac{1}{3}$ cup of the cooled gelatine near setting point, tipping the mold around to spread the gelatine all over inside surface of mold. Let stand until firm. Repeat the same process until the bottom and side of mold are screened with a coating of firm gelatine. Dip outer side of some apricots into the cooling jelly, arrange them at bottom of mold, and pour over cooling jelly to cover. When firm, arrange around this layer, against the side of the jellied mold, a ring of apricots, outer sides leaning against the jellied side of mold. Then fill the mold with some cold boiled rice, pour in gelatine to screen rice, and chill.

APPLE GELATINE À LA SUEDOISE:

Put in a saucepan over the fire $1\frac{2}{5}$ cups of water, 1 cup of sugar, and half a vanilla bean or a little lemon-rind and juice. Boil until clear. In this boiling syrup slowly cook by batches, until just tender so they retain their shape, about 7 or 8 middle-sized tart apples, peeled, cored, quartered, and each quarter cut into even halves lengthwise. Use a skimmer to lift the apples, and reserve them on a dish. Boil the syrup 2 minutes and strain. Put in a shallow pudding-dish $\frac{1}{3}$ cup of this syrup, and stir in enough carmine coloring to heavily color it. Arrange in half of the apples, set over a slow fire, give a few bubbles, and carefully remove the apples and chill. Soak 20 minutes in a small saucepan 1 tablespoon of

granulated gelatine in $\frac{1}{3}$ cup of cold water, then set it in hot water. When dissolved strain and stir it in the cooling white syrup.

If available, add 2 tablespoons of Maraschino or Kirsch. Chill a Charlotte or Bavarian mold in ice water, pour in the cooled gelatine syrup, and let stand until it begins to set, occasionally tipping the mold on all sides; then carefully pour out and set the gelatine in a bowl, thus leaving bottom and sides of mold screened with jellied gelatine. Arrange at bottom a layer of white apples, and pour over cooling aspic to cover. When firm, arrange in a layer of carmine apples, and pour over cooling aspic to cover, repeating same process until mold is full. Chill.

CARAMEL JELLY:

| | | |
|---|--------------------------------|--|
| 1 | tablespoon granulated gelatine | $\frac{1}{5}$ cup Caramel Syrup (see recipe) |
| | $\frac{1}{4}$ cup cold water | 1 cup rich milk |
| | $\frac{1}{5}$ cup sugar | $\frac{1}{8}$ cup table cream |
| | | 1 teaspoon vanilla |

Soak the gelatine 20 minutes in cold water. Scald the milk and cream, sugar added, remove from the fire, and dissolve in the gelatine. Let stand 5 minutes, add the Caramel Syrup and vanilla, and strain into a wet mold. Set in a cold place until firm. Unmold and serve with Creamy Sauce.

JELLY RUBANÉS:

Make a Lemon or Wine Jelly. Before the jelly sets, divide it in three equal parts. Color two of these parts with different colorings dissolved in a teaspoon of water. Chill a wet mold in broken ice. Pour in one part of the cooling jelly near setting, and let stand until firm. Pour in another part, and when firm, pour in the last part and let stand until firm.

Or, using only one Lemon or Wine Jelly without coloring, pour into mold a layer of cooling gelatine. When firm, arrange on it a layer of any one of the following ingredients at your disposal: Nuts, candied fruit,

lady fingers, or fresh soft fruit, canned fruit, etc. Pour over it cooling aspic to comfortably cover it, and repeat in the same order until the mold is full.

Proceeding in the same manner with different jellies, colors, and flavors, the Rubané may be varied indefinitely.

CHOCOLATE JELLY:

Boil $\frac{1}{2}$ cup of sugar, 1 cup of water, and 2 ounces of grated Baker's Chocolate. Stir bottom of pan with a wooden spoon until the chocolate is thoroughly melted. Remove from the fire, dissolve in $1\frac{1}{4}$ tablespoons of gelatine soaked 20 minutes in $\frac{1}{3}$ cup of water. Stir, and let stand 5 minutes. Stirring, add 1 cup of cold water and a teaspoon of vanilla, and strain into a wet mold. Chill until set.

SNOW PUDDING JELLIED:

Soak an envelope or 2 tablespoons of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil 1 pint of water with a cup of sugar until clear. Remove from the fire, dissolve in the gelatine, add the juice and rind of two lemons, and let stand until nearly cold; then strain in a bowl, and set in a cold place. When cooled and before it sets, place bowl in ice water and beat vigorously with a wire egg-beater until frothy, then continue beating while adding 2 or 3 egg-whites beaten to a stiff dry froth. Beat until light and spongy. Turn into a wet mold to form or pour in chilled glasses. Serve with a Creamy Sauce.

JELLIED CHOCOLATE RUBANÉ:

Soak an envelope or 2 tablespoons of granulated gelatine 20 minutes in $\frac{1}{2}$ cup of cold water. Boil 1 pint of milk (generous measure), 1 cup of sugar, and $\frac{2}{3}$ cup of grated chocolate until chocolate is dissolved. Remove from the fire, dissolve in the gelatine, let nearly cool, and add a teaspoon of vanilla. Put a wet mold in broken ice, pour over bottom a layer of the gelatine, let stand until firm, then arrange over it any one of the following ingredients: Sliced dates or figs, raisins,

shredded citron, nuts, etc. Pour over another layer of gelatine, and when firm, repeat these layers until mold is full.

Bavarian Cream Recipes

Bavarian creams are heated sweetened fruit juice and pulp, usually flavored with a little lemon juice, or scalded sweetened milk with egg-yolks added, and flavored with vanilla, coffee, or chocolate, etc., soaked gelatine being dissolved in either of these mixtures. When the gelatine mixture is cooled to nearly the setting point, the mixture is beaten constantly over ice or in ice water until it begins to thicken. At this time a chilled pastry cream beaten to a stiff froth is folded over and over into the gelatine mixture until it forms a fluffy, smooth mass that holds its shape. Arrange in a wet mold and chill in mold.

Much care must be taken not to let the gelatine mixture cool too long before beginning to beat and fold in the cream, else it will not be smooth, as small bits of jelly will be left in the mixture; and if the whipped cream is added too soon, the mixture will lose much of its lightness.

STRAWBERRY BAVARIAN CREAM:

Partly crush $1\frac{1}{2}$ cups of strawberries with $\frac{2}{3}$ cup sugar added. Let stand 1 hour, then rub through a fine sieve. Soak $1\frac{1}{2}$ tablespoons of gelatine in $\frac{1}{3}$ cup of cold water 20 minutes and let it dissolve by standing the cup in hot water. Combine the two mixtures, adding a tablespoon of lemon juice, and let stand in a cold place in a bowl until it just begins to set. Then set bowl in broken ice or ice water and beat until mixture begins to thicken; then mix in a pint of chilled pastry cream whipped stiff-dry. Arrange it in a mold lined with sugared strawberries cut in halves. Chill.

PINEAPPLE BAVARIAN CREAM:

| | |
|---|------------------------------|
| $1\frac{1}{2}$ tablespoons (level) gelatine | 1 tablespoon lemon juice |
| 12 ounces grated pineapple | 1 pint pastry cream, chilled |
| $\frac{1}{2}$ cup (scant) sugar | |

Thoroughly drain the grated pineapple from its liquor. Soak the gelatine 30 minutes in $\frac{1}{2}$ cup of the pineapple liquor. Chill the grated pineapple. To remaining pineapple liquor add the sugar and boil until clear. Remove from the fire, then dissolve in the gelatine. Add the lemon juice, then strain into a bowl, and set aside to cool. As soon as it begins to set, place in ice water and beat until it just begins to thicken. Add the chilled pineapple, beat a few seconds, then fold in the cream beaten stiff-dry, to bottom of bowl. Mold and chill.

VANILLA BAVARIAN CREAM:

Scald $1\frac{1}{2}$ cups of rich milk or part cream, then remove from the fire. Soak $1\frac{1}{2}$ tablespoons or $\frac{3}{4}$ of an envelope of gelatine 20 minutes in $\frac{1}{3}$ cup of cold water. Rub 3 egg-yolks in a small saucepan, continue stirring, and slowly add $\frac{4}{5}$ cup of sugar, then the milk. Cook the mixture, placed in hot water, stirring constantly with a wooden spoon until it just begins to thicken; then add the gelatine, stir until thoroughly dissolved, and add a teaspoon of vanilla and strain into a bowl. When cooled, set it in ice water or broken ice, beat until it begins to thicken, then fold in, over and over, $1\frac{1}{2}$ cups of chilled cream, whipped to a stiff-dry froth. Chill in mold.

CHOCOLATE BAVARIAN CREAM:

Same as Vanilla Bavarian Cream. Mix into the sugar 2 or 3 ounces of powdered chocolate unsweetened, or melt that amount of Baker's Chocolate over hot water and add it to a Vanilla Bavarian Cream mixture.

NEAPOLITAN BAVARIAN CREAM, WITHOUT CREAM:

| | |
|--|--------------------------------------|
| $\frac{3}{4}$ cup sugar | 2 tablespoons or an envelope |
| $1\frac{3}{4}$ cups milk scalded | of gelatine |
| $\frac{1}{2}$ vanilla bean or a teaspoon | $\frac{1}{2}$ cup cold milk or water |
| vanilla extract | 3 egg-whites |
| 3 egg-yolks | A dash of salt |

Soak the gelatine 20 minutes in the cold milk. Put the sugar, vanilla bean, and the egg-yolks in a saucepan. Stirring, add the milk very slowly, cook over a slow fire, constantly stirring with a wooden spoon until it slightly masks the spoon; then stir in the gelatine until thoroughly dissolved. Strain and cool. As soon as it begins to thicken, beat; then fold in, over and over, the egg-whites with salt added and beaten to a stiff-dry froth. Arrange at once in a wet mold, and chill. Lacking the vanilla bean, add vanilla extract when removing the mixture from the fire.

BAVARIAN CREAM RUBANÉ:

Arrange at bottom of a chilled Bavarian mold a layer of prepared Vanilla Bavarian Cream mixture made as directed at that recipe. Let stand in broken ice until firm, then pour over it another layer of same Bavarian cream flavored with some chocolate melted over hot water, or with the pulp of some strawberries with a little carmine coloring added. Let stand until firm. Continue to fill mold with alternate layers of different flavors and colors. It is necessary for the beauty of this dessert that the layers be of an even thickness.

Or, different kinds of Bavarian Cream may be made, separately.

RICE BAVARIAN CREAM:

- | | | | |
|---------------|--------------------------------------|----------------|--------------------------|
| 1 | tablespoon or $\frac{1}{2}$ envelope | 1 | pint (generous measure) |
| | gelatine | | scalded milk |
| $\frac{1}{4}$ | cup cold water | $\frac{3}{4}$ | cup sugar |
| 1 | cup boiling water | 1 | teapoon each, lemon and |
| $\frac{1}{4}$ | teaspoon salt | | almond extract, or 2 ta- |
| $\frac{2}{3}$ | cup washed rice | | blespoons Maraschino |
| | | $1\frac{1}{2}$ | cups chilled cream |

Soak the gelatine 20 minutes in the cold water. To a cup of boiling water with the salt added, in a saucepan over the fire, add the rice and stir until boiling; cook until the water is level with the rice, then add the boiling milk and cook until the rice is tender. Put a purée strainer on a saucepan, and pour in the rice

mixture, collecting the rice liquor. Re-heat the liquor, with the sugar added, to a boil. Remove from the fire, set the gelatine in a saucepan in hot water, and stir until dissolved, then strain it into the rice liquor, and stir. Rub the drained rice through a purée strainer into the rice-gelatine liquor; set it in a cold place to cool, and beat occasionally while cooling, adding the flavoring. When cooled, set it in broken ice, and as it begins to thicken, fold in, over and over, the chilled cream whipped stiff-dry. Arrange mixture in a wet 2-quart mold and let stand 2 hours over the ice in the refrigerator. Unmold, and serve with an Orange Sauce I or a plain whipped cream.

Recipes for Charlotte Russe

Charlotte Russes are special molds lined with lady fingers, or strips of sponge or Genoese cake, with centers filled with a cream gelatine mixture or with a sweetened whipped cream with gelatine dissolved in fruit juice, liquor, etc., added.

How to Line Mold for Charlotte Russe: Cover bottom of mold with a blank paper. To line the bottom with lady fingers, cut the lady fingers tapering at one end, the pointed ends meeting just at center, the larger ends being cut to fit against side of mold at bottom; then line side of mold with the lady fingers, placing them straight up and at right angles to bottom, the solidly joined strips entirely covering the mold's surface. Fill center with any one of the Charlotte Russe mixtures, then cut the lady fingers level with edge of mold and with the straightened surface of the Charlotte Russe mixture.

Often the molds are simply lined with the lady fingers, arranged so as to leave an even open space between them.

NEAPOLITAN CHARLOTTE RUSSE:

| | | | |
|---------------|---------------------------------------|----------------|-----------------------------|
| 1 | tablespoon gelatine | 1 | scant cup or 7 ounces sugar |
| $\frac{1}{4}$ | cup cold water | 6 | egg-yolks |
| $\frac{1}{2}$ | vanilla bean or 1 teaspoon vanilla | $1\frac{1}{2}$ | cups scalded milk |
| | | $\frac{3}{4}$ | pint chilled cream |

Soak the gelatine 30 minutes in the cold water, then let stand in hot water until thoroughly dissolved. Strain through a cheese-cloth. While beating the eggs in a saucepan, gradually add the sugar, milk, and vanilla bean. Set pan in a bath of hot water, and while beating add the gelatine and cook without boiling until it fairly masks the spoon. Strain, remove vanilla bean, wash and wipe, dry it a little, and bury it in sugar to be used later, splitted. If vanilla bean is not used, add to strained mixture a teaspoon of vanilla extract.

Set the custard in a cold place to cool, and as it begins to thicken, set it in ice water and fold in, over and over, the cream whipped stiff-dry. Arrange in Charlotte mold lined with lady fingers, and chill.

CHOCOLATE NEAPOLITAN CHARLOTTE RUSSE:

Proceed as in preceding recipe, adding to sugar 2 or 3 ounces of unsweetened powdered chocolate.

QUICK CHARLOTTE RUSSE:

Line as above a Charlotte Russe mold with lady fingers. Fill mold with any one of the Bavarian Cream mixtures, or use for filling an Ice Cream à la Chantilly.

ANGEL CHARLOTTE RUSSE:

Soak 1 tablespoon or $\frac{1}{2}$ an envelope of gelatine 20 minutes in $\frac{1}{4}$ cup of cold water. Boil $\frac{1}{4}$ cup of water and 7 ounces of sugar in a saucepan until clear. Remove from the fire, dissolve in the gelatine, strain, and cool. When it begins to thicken, set in ice water and beat with a wire whip down to bottom, up, and over, until light; then add a pint of pastry cream, chilled and beaten to a stiff froth. Fold over and over, adding $\frac{2}{3}$ cup of macaroon crumbs, and $\frac{1}{4}$ cup each, of chopped candied fruits, marshmallows cut in pieces, and thinly chopped blanched almonds. Flavor it with a teaspoon of vanilla or 2 tablespoons of sherry.

Arrange in a Charlotte mold lined with lady fingers, and chill.

ORANGE CHARLOTTE RUSSE, WITHOUT CREAM:

Soak $\frac{2}{3}$ of an envelope of gelatine in $\frac{1}{3}$ cup cold water 20 minutes. Boil $\frac{1}{2}$ cup of water with 6 ounces of sugar, until clear. Remove from the fire, dissolve in the gelatine, strain, add 1 cup of orange juice, and 2 tablespoons of lemon juice, and cool. As soon as it begins to set, place in ice water and beat until light; then fold in 3 chilled egg-whites beaten to a stiff-dry froth. Arrange in a chilled mold lined with lady fingers, and chill.

MOCHA CHARLOTTE RUSSE:

- | | |
|---|---|
| 1 tablespoon or $\frac{1}{2}$ envelope of gelatine | 1 cup strong coffee |
| $\frac{1}{4}$ cup cold water | 2 egg-yolks |
| $\frac{4}{5}$ cup sugar | 1 cup chilled cream, whipped stiff-dry |

Soak the gelatine in the water 20 minutes. Add the sugar to the coffee, and stir over the fire until dissolved and bubbling. Remove, dissolve in the gelatine, add the slightly beaten egg-yolks, stirring it over a slow fire without boiling until it thickens. Strain, cool, and as soon as it appears about to thicken, set it in ice water, beat it a while, then fold in, over and over, the chilled whipped cream until it holds its shape. Arrange in a mold lined with lady fingers, and chill.

RICE À L'IMPÉRATRICE:

First Part

- | | |
|-------------------------------------|----------------------------------|
| 1 tablespoon granulated gelatine | 6 egg-yolks |
| $\frac{1}{4}$ cup cold water | $1\frac{1}{2}$ cups scalded milk |
| $\frac{2}{3}$ cup sugar | 1 teaspoon vanilla |

Soak the gelatine in the water 20 minutes, and with it and the remaining ingredients proceed as directed at "Neapolitan Charlotte Russe," and cool.

Second Part

Scald $\frac{1}{5}$ quart of milk in a double boiler. When very hot, stir in $\frac{1}{2}$ cup of washed Carolina rice, and

cook until tender. There should be very little milk left when rice is done. Turn into a bowl and let stand until cold. Combine with the first mixture. Set in ice water, stir, and as it begins to thicken, fold in, over and over, $1\frac{1}{3}$ cups of chilled cream beaten to a stiff-dry froth, adding at the same time $\frac{1}{2}$ cup of chopped candied fruit. Arrange in a wet Bavarian or Charlotte mold and chill 2 hours. Unmold, then spread over an Apricot or Currant Jelly that has been thinned with a few drops of lemon juice.

CHAPTER XXIV

ICE CREAMS, ICES, AND FROZEN DESSERTS

HOW TO FREEZE DESSERTS—SAUCES FOR ICE CREAMS—
ICE CREAMS—DECORATIVE FROZEN DESSERTS—
MOUSSES AND MISCELLANEOUS FROZEN DESSERTS—
FRUIT OR WATER ICES—SHERBETS OR SORBETS

How to Freeze Desserts

CRUSH the ice in a box with a mallet, or pound the ice pocketed in a strong cloth or sack. Mix ice and salt thoroughly in the proportion of a pound of salt to three or four pounds of ice. Place can containing the mixture to be frozen, in the freezing pail, cover, adjust top, turn crank to make sure that can fits socket, place a cork in the opening of the wooden pail, and pour in the broken ice. Never fill the can more than three-fourths full, as a freezing mixture increases in volume. When small quantities are to be frozen, arrange to have the ice two or three inches higher than the level of the mixture in the can. Turn the crank slowly for the first five minutes, then gradually increase to a reasonable speed. The salted water in the wooden bucket is the freezing factor, and therefore should not be poured out during the freezing. If there is too much brine, pour out just enough to come to level of the freezing mixture, being careful not to let any liquor get into can. When freezing is completed, take the cork out of the bucket, and tip bucket to allow water to run out. Put the cork back, and remove the dasher; press and pack the frozen mixture solidly; straighten its surface and cover, setting a cork in the opening in cover. Add more ice and pack around and on top of the frozen article. Place a cloth or a clean sack on top, and set in a cold place until needed.

Molding the Frozen Mixtures: To mold frozen mixtures, pack the frozen article solidly into an iced mold until a little more than full, so that it may be pressed down when cover is put on.

Rub butter or other fat around the edge of the lid, placing a wet blank paper between the lid and contents of the mold, as every care must be taken to prevent any salt water running into the mold.

To unmold, dip the mold in lukewarm water a few seconds, then wipe it dry, lift the cover, remove the paper, and invert on a chilled dish.

Time Needed for Freezing: The time needed for freezing varies according to the quality and the consistency of the mixture to be frozen, whether it is made of cream, milk, or water. The thinner the mixture is the longer it requires. To save labor and ice, put the cold mixture in the refrigerator before freezing and let it stand until thoroughly chilled.

Mixtures too quickly frozen are not smooth and are apt to be coarse. One quart of vanilla ice cream should be done in less than ten minutes. Water ice requires a longer time. The finer the ice is broken, the quicker the mixture will be frozen.

Sauces for Ice Creams

CHOCOLATE SAUCE:

Using water as the liquid, proceed as directed at "Chocolate Sauce for Pudding."

WALNUT-MAPLE SAUCE:

Add $\frac{1}{3}$ cup of water to $\frac{2}{3}$ cup of maple syrup. Boil 2 minutes, remove from fire, and add about $\frac{1}{2}$ cup of chopped walnuts.

ORANGE SAUCE:

Use an Orange Compote as directed at that recipe.

COFFEE SAUCE:

| | |
|---------------------------------|---------------------------|
| $1\frac{1}{3}$ cups milk | 1 tablespoon arrowroot or |
| $\frac{1}{3}$ cup ground coffee | cornstarch |
| $\frac{1}{3}$ cup sugar | |

Scald the milk with the coffee, let it steep twenty minutes, and strain through a cheese-cloth; mix the sugar

and arrowroot, and while stirring over the fire slowly add the re-heated coffee. Cook 2 minutes.

Ice Cream

ARTIFICIAL VANILLA ICE CREAM:

| | |
|-------------------------------|-----------------------------------|
| 1 scant cup or 7 ounces sugar | 1 split vanilla bean, or 1 table- |
| 3 tablespoons sifted flour | spoon vanilla |
| 1 quart milk, scalded | 2 egg-yolks |

Mix sugar and flour in a saucepan, adding the vanilla bean, and while stirring with a wire egg-beater, in pan set over the fire, slowly add the hot milk. Cook and stir constantly until boiling, then boil 3 minutes. Remove the pan to the back of the range. Rub two egg-yolks in a bowl, and, stirring, add a little of the hot milk mixture. Combine the two and cook without boiling, beating all the while until the eggs are set. Strain, and allow it to cool. If vanilla bean has not been used, add vanilla extract. When cold strain into the freezing-can, and freeze as directed above.

It will improve the ice cream to add, before freezing, $\frac{1}{2}$ cup of cream, or, gently stir into the mixture when frozen to a mush $\frac{2}{3}$ cup of chilled cream beaten stiff-dry, then sweetened with about an ounce of bar sugar. Pack, cover, and let stand 2 hours before serving.

PHILADELPHIA ICE CREAM:

Scald in a double boiler 1 pint of cream with 1 cup of sugar. Stir until the sugar is dissolved. Chill, then add a pint of cream and a tablespoon of vanilla, strain, and freeze.

VANILLA ICE CREAM:

Take 7 egg-yolks, and while beating in a bowl, slowly add $1\frac{1}{2}$ cups of sugar and 1 quart of thin cream. Cook the mixture in a double boiler, constantly stirring with a wooden spatula until the eggs are set, when it will slightly mask a spoon. Then remove, and when nearly cold strain into the freezing-can, adding 1 tablespoon of vanilla extract. Freeze as usual.

ICE CREAM, CHANTILLY:

Make an Artificial or a Vanilla Ice Cream (see recipes), and freeze to a mush, then with a wooden spatula gently stir in 1 cup of chilled cream whipped stiff-dry and sweetened with a heaping tablespoon of sifted bar sugar. Pack and let stand 2 hours.

CHOCOLATE ICE CREAM:

Melt 3 or 4 ounces of unsweetened chocolate over hot water; then add to any one of the above ice cream mixtures before freezing.

Preparation of Praline Powder and Substitute

Take some "Praline" or "Praline Glacé," and put through the nut grinder or pound to a coarse powder. (See, "Praline.")

Added to Cream Filling for Cake or used in making Ice Creams, Mousse or Frozen Pudding, etc.

A substitution for Praline Powder is occasionally made as follows:

Stir over the fire $\frac{1}{2}$ cup of water and 1 cup of sugar with a piece of vanilla bean added, until the sugar is melted. Add $\frac{2}{3}$ cup of shelled almonds with the skins left on. Gently stir and cook the sugar to a caramel or a golden-brown color, then quickly remove the bean and pour onto an oiled marble slab to cool. Detach and break it in pieces. If desired, 1 ounce of Confectioner's Chocolate may be added, put through the nut grinder or pounded to a coarse powder.

Ice Cream Pralinée: A little Praline Powder may be added to either a Vanilla-Custard, Chocolate, or Mocha Ice Cream mixture, which is usually frozen to a mush, then combined with a certain amount of whipped cream in which Praline Powder has been mixed. Pack in salt and ice two hours.

CARAMEL ICE CREAM:

Make a Vanilla Ice Cream as directed at recipe, except use $\frac{1}{2}$ cup less sugar, and stir into the cooled mixture $\frac{1}{4}$ or $\frac{1}{3}$ cup of Caramel Syrup (see recipe). Strain into freezer.

STRAWBERRY ICE CREAM:

| | |
|----------------------|----------------------------|
| 1 quart cream | 1½ cups or 12 ounces sugar |
| 1 quart strawberries | 2 tablespoons lemon juice |

Wash and hull the berries. Sprinkle over them half of the sugar and the lemon juice. Crush and chill 1 hour. Scald half of the cream and the remaining sugar in a double boiler, cook and stir until the sugar is dissolved, cool and chill, then add the remaining cream and strain into freezer. Freeze to a mush, then add the berries and finish freezing. When serving, set on each portion a reserved chilled strawberry dusted with sugar.

If cream is not available, freeze to a mush a mixture made as directed at "Artificial Vanilla Ice Cream," leaving out the vanilla, and adding the crushed and sweetened strawberries flavored with lemon juice as above, then freezing.

CANNED FRUIT ICE CREAM:

When fresh fruits are not available, drain canned fruits of their syrup, sweeten the syrup with sugar as needed, cook until sugar is dissolved, and chill. Add as much cream as syrup, strain into freezing-can, and freeze to a mush; then mix in the drained fruit cut into small pieces, pack and let stand 1 hour.

If desired, marinate the drained fruit in 1 or 2 tablespoons of lemon juice.

BANANA ICE CREAM:

| | |
|---------------|------------------------|
| 1 quart cream | 3 cups banana pulp |
| 1 cup sugar | 1 teaspoon lemon juice |

Peel the bananas and rub through a purée strainer; then chill. Cook in a double boiler half of the cream with the sugar, stir until sugar is dissolved, then remove and chill. Add remaining cream and flavoring, and strain into freezer. Freeze to a mush, then stir in the fruit pulp, and continue freezing until hard.

If cream is not available, leaving out the vanilla, freeze an Artificial Vanilla Ice Cream mixture to a mush and finish as above.

PISTACHIO ICE CREAM:

Scald 1 pint of cream in a double boiler over the fire with $\frac{1}{2}$ pound of sugar. Stir until dissolved, then remove, and chill. Add a pint of cream, a teaspoon each of vanilla and Green Coloring, and strain into freezer. Freeze, then add a cup of blanched pistachioes forced through grating mill.

COFFEE ICE CREAM:

| | |
|--------------------------|---------------------------|
| 3 cups rich cream | 1 teaspoon coffee extract |
| 1 cup very strong coffee | 1 cup sugar |

Cook, in a double boiler, 1 cup of cream with the coffee and the sugar. Remove, chill, add remaining cream and the coffee essence, and strain into freezer. Freeze as usual.

Frozen Puddings**DIPLOMATIC PUDDING:**

Chill a selected mold in cracked ice. Arrange at bottom a layer of Philadelphia or Vanilla Ice Cream, then arrange over it a layer of lady fingers on which dispose a layer of candied fruits. Repeat these layers alternately, filling mold overflowing with ice cream. Closely cover and pack as usual in salt and ice 1 to 2 hours.

TUTTI FRUTTI:

Fill as usual an iced mold with frozen Lemon Ice, or with a Vanilla Ice Cream in which some candied fruit is mixed. Pack in salt and ice 2 hours.

Decorative Frozen Desserts**PEACHES À LA MELBA:**

A few minutes before serving, pile a Vanilla Ice Cream in individual crystal or silver cups arranged in broken ice. On center of each place a whole pitted peach that has been boiled in a sugar syrup until tender. Mask the peach with a raspberry jelly beaten with a

few drops of lemon juice and thoroughly chilled, and screen each service with the following: Rub through a fine sieve a cup of chilled crushed raspberries sweetened with an equal weight of pulverized sugar.

GABY DESLYS:

Rub some ripe strawberries through a fine sieve that will hold back the seeds, to obtain about $\frac{2}{3}$ cup of pulp. Mix with an equal amount of banana pulp, also rubbed through a sieve. Boil for 5 minutes a syrup made of $\frac{3}{4}$ cup of sugar and $\frac{1}{2}$ cup of water, then remove and cool. Combine the two mixtures, adding a tablespoon of lemon juice and a little carmine coloring. Freeze to a mush, then mix in $\frac{2}{3}$ cup of chilled cream beaten to a stiff-dry froth. Let stand in salt and ice 1 hour, then pack in chilled bomb, and pack in salt and ice 2 hours. Unmold over a napkin and garnish with candied violets.

COMTESSE MARIE:

This decorative dessert is usually packed and served in small bandboxes striped with silk ribbon, or in small cases.

Have ready a Philadelphia Ice Cream and a Strawberry or Pistachio Ice Cream (see recipes). Spread at bottom of each box a layer of Philadelphia Ice Cream $\frac{1}{2}$ inch thick. Spread over it a layer of Strawberry Ice Cream or Pistachio Ice Cream. Ornament top with Vanilla Ice Cream.

A substitute for Comtesse Marie is a Mousse frozen in paper cases. The Mousse mixture is turned into the cases, and these are arranged in layers in a large pail with a water-tight cover, with parafine paper placed between the layers. Then the pan is packed in salt and ice 4 to 5 hours.

At a buffet party, these are served by waiters from the pantry.

Parfaits

Parfaits have an egg foundation. A syrup is made of the liquid and sugar, and the eggs are added, then the

cooled mixture is combined with whipped cream. Pack at once in mold, very full, cover with a layer of waxed paper, or a buttered paper with buttered side up, put on cover, and bury this in salt and ice—one part salt to four of ice—about 2 to 3 hours. These mixtures should be frozen just enough to have a soft center. To unmold, wipe mold, dip a few seconds in tepid water, wipe quickly, then unmold.

COFFEE PARFAIT:

| | |
|------------------------|-----------------------------|
| 7 ounces sugar | 3 ounces ground coffee |
| 3 egg-yolks and 4 eggs | 1 pint chilled pastry cream |
| 1½ cups milk | |

Pour milk over coffee in a small saucepan, bring to a bubble, let steep 20 minutes, and turn into a flannel bag to drip. Re-heat the coffee and dissolve in the sugar, remove from the fire and let cool; then, while beating the eggs in a small saucepan, slowly add coffee liquor. Set over a slow fire and stir constantly, without allowing it to boil, until it masks the spoon. Strain and chill. Beat the cream stiff-dry, fold it in first mixture, pack in mold, cover with a wet paper, and butter edge of mold where lid fits on, to tightly cover. Pack 2½ hours in salt and ice.

MAPLE PARFAIT:

| | |
|------------------------|-----------------------------|
| 4 eggs, or 8 egg-yolks | 1 pint chilled pastry cream |
| 1 cup maple syrup | |

While beating the eggs in a small saucepan, slowly add the maple syrup. Set over a slow fire and cook, stirring at bottom constantly with a wooden spatula, without allowing it to get too hot, until it masks the spoon. Remove and chill. Beat the cream to a stiff-dry froth. Combine the two mixtures, pack in mold, then in salt and ice.

CHOCOLATE PARFAIT:

Boil for 2 minutes, ⅓ cup of water, 7 ounces of sugar, ⅔ cups of grated chocolate, and a split vanilla bean.

Strain and cool; and while beating 6 egg-yolks or 3 whole eggs in a saucepan, slowly add the chocolate mixture. Set over a slow fire, and cook and stir without allowing it to boil, until it masks the spoon; remove and cool. Beat stiff-dry 1 pint of chilled cream, and fold it in the chilled chocolate mixture. Pack in mold, then in salt and ice $2\frac{1}{2}$ hours.

VANILLA PARFAIT:

| | |
|-------------------------|----------------------|
| $\frac{1}{4}$ cup water | 4 eggs or 8 yolks |
| 7 ounces sugar | 1 pint chilled cream |
| 1 split vanilla bean | |

Put the water, sugar, and vanilla bean in a small saucepan, boil 5 minutes, and with it and the remaining ingredients proceed as directed at "Maple Parfait."

QUICK PARFAIT:

Have ready a quart of any kind of frozen ice cream. Stir in a cup of chilled cream beaten to a stiff-dry froth, and serve at once in parfait glass. Ornament top with sweetened whipped cream.

Mousse and Miscellaneous Frozen Desserts

Mousse is a combination of whipped cream and sweetened fruit pulp or some other flavored and sweetened mixtures, and usually made without eggs. Mousses are frozen without stirring, being simply packed in a mold, then in salt and ice until hard to center, as explained at "Parfaits." For finest texture, use one pound of salt to 4 of ice.

NOUGATINE MOUSSE:

| | |
|--|---|
| 1 pint pastry cream beaten stiff-dry to bottom of bowl | $\frac{1}{5}$ cup chopped blanched almonds |
| $1\frac{1}{3}$ cups sifted powdered sugar | $\frac{1}{2}$ cup chopped pistachio nuts |
| 1 teaspoon vanilla extract or use the above sugar, vanilla flavored | $\frac{1}{4}$ cup Maraschino cherries, chopped |
| 1 cup marshmallows, cut in pieces | |

Beat the sugar into the whipped cream, beating till firm, then fold in the remaining ingredients. Pack and freeze in mold as directed above.

FRUIT MOUSSE:

To $1\frac{1}{2}$ cups of fine fruit pulp add $\frac{3}{4}$ cup of pulverized sugar. Stir until the sugar is melted or set over a slow fire and slightly warm, avoiding heating it too much as the cooking of fruit destroys its fresh fruit flavor. Remove and chill. Strawberries and peaches are often colored with a little carmine and flavored with a tablespoon or more of lemon juice. Green gage plums are flavored and colored with a teaspoon each of vanilla and green coloring. When the fruits are very juicy, soak for 20 minutes a level teaspoon of gelatine in about $\frac{1}{4}$ cup of the fruit juice, then set in hot water until dissolved. Strain and mix in warm fruit juice and pulp.

Beat 1 pint of chilled cream to a stiff-dry froth, and fold it over and over in the chilled sweetened fruit pulp. With this, fill a melon mold to overflowing, set over top a wet blank paper, cover, rub some fat around the edge where the lid fits on, cover tightly, and pack in salt and ice for 3 hours.

NESSELRODE PUDDING:

Use 1 cup of drained bottled marrons or remove the shells of $\frac{3}{4}$ pound of chestnuts, then turn them into enough boiling water to cover, bring quickly to a boil, simmer until tender, and drain. Immerse at once for a few seconds, in cold water, remove skins, and chop.

One-third cup each of mixed candied fruits, canned drained pineapple, and Maraschino cherries, all chopped.

At option, 1 ounce of grated almond paste with 2 drops bitter almonds added.

Macerate the chestnuts, candied fruits and the pineapple in a cold place in a little Maraschino, sherry or lemon juice.

Or, instead of the candied fruit, pine-apple and the Maraschino cherries, substitute $\frac{1}{3}$ cup each of seeded Sun-Maid raisins and currants. Put the picked raisins and currants in a saucepan, add a little water and sherry, then simmer them till plump and drain. Chop the raisins

and add them to the currants and chopped Maraschino cherries.

| | |
|--------------------------------|--------------------------------------|
| 1 pint rich milk or thin cream | 1 pint pastry cream |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup sugar (pulverized) |
| 4 egg-yolks | If the vanilla bean is not |
| $\frac{1}{2}$ vanilla bean | used, add before freezing |
| Fruits prepared as above | 1 teaspoon vanilla extract |

With the rich milk or thin cream, sugar, egg-yolks and vanilla bean added, make a custard. When cooled strain into freezer can, remove bean, and freeze to the consistency of mush. Remove the dasher, stir in the chopped prepared fruits, then fold in the pastry cream, whipped stiff, and sweetened with second sugar. Pack in mold as for Parfait and bury in ice and salt for nearly $1\frac{1}{2}$ hours. This should be frozen hard, but still be a little soft in center. Just 2 minutes before serving, unmold, same as Parfait, onto a cold glass serving dish, then ornament with whipped cream, Marron-Glacé and candied cherries.

MADELEINE PUDDING:

To a Vanilla Philadelphia Ice Cream add 1 cup of pineapple, cut into dice, that has been macerated in 2 or 3 tablespoons of Maraschino to prevent the fruit freezing. Ornament bottom of a mold with candied pineapple, fill mold as usual with the ice cream, cover and pack in salt and ice 1 hour or longer.

PLOMBIÈRE:

Pack a bomb glacé in salt and ice. Remove the lid, and pack in an Ice Cream Pralinée in which has been mixed some candied fruit cut into dice.

STRAWBERRY PLOMBIÈRE:

Pick, wash, and thoroughly drain some sound ripe strawberries, then rub them through a fine sieve that will hold back the seeds. There should be 2 cups of pulp. Boil 1 cup of water and $1\frac{1}{2}$ cups of sugar until clear,

and chill. Combine with first mixture and freeze to a mush, then gently mix in $\frac{2}{3}$ cup of chilled cream beaten to a stiff-dry froth, and $\frac{1}{2}$ cup of diced candied fruit that has been macerated awhile in 2 tablespoons of Kirsch or lemon juice. Pack, and let stand 2 hours in salt and ice.

THE MERRY WIDOW:

In a chilled glass set in salted broken ice, pile a helping of Vanilla Ice Cream. Garnish with fresh strawberries around the edge of glass at base of cream. Dredge over ice cream some chopped nuts, and pour over the whole 2 tablespoons of Lemon or Brandy Sauce.

BOMB GLACÉ:

Chill a bomb glacé mold in salt and ice. Remove the lid and spread over the sides a layer of Strawberry or Raspberry Sherbet. Fill center with a Vanilla Ice Cream, or with a whipped cream, sweetened and flavored. Cover top of ice cream with a little sherbet, filling to overflowing. Set a wet paper on top, press down the cover, then grease edge of mold where lid fits on, and pack in salt and ice 2 hours.

COUPE ST. JACQUES:

Freeze a Lemon Ice. Arrange on this packed ice some strawberries, raspberries, or peaches cut into dice, or some grated pineapple. When ready to serve, mix the fruit into the Lemon Ice. Serve in chilled glasses or silver cups, and pour over each 2 tablespoons of any one of the following: Madeira, Champagne, or rum. Garnish base with Candied Violet.

BERRY COUPE:

Carefully mix in a bowl some sound ripe strawberries or raspberries sweetened as needed with sifted pulverized sugar, pouring over a teaspoon of lemon juice or Maraschino, and let stand awhile in a cold place. Fill some chilled crystal glasses half-full with a Vanilla Ice Cream;

pour over a little liquor in bowl, cover with more ice cream, and garnish around and over top with berries.

Fruit or Water Ices

Fruit ices are frozen mixtures made of water, sugar, and fruit juice and pulp. These ices are best when the fruit is sweetened with a cold sugar syrup that should register thirty degrees on a Beaume hydrometer, and after this syrup is combined with the fruit juice and pulp it should register eighteen to twenty degrees. If it registers more, thin it down as needed, with filtered water. Lacking the hydrometer, sweeten to suit the taste.

Water ice may be frozen in any open kettle packed in salt and ice, stirring with a wooden spatula, covering, and repeating the stirring every five minutes till frozen. Or, freeze as for ice cream; these mixtures requiring, however, a longer time for freezing than ice cream. Turn occasionally for a few minutes, then allow mixture to rest awhile, then repeat turning and resting until the mixture is thoroughly frozen, when it looks like a hard, wet snow. When frozen remove the dasher, scrape the side of the freezer, pack, and cover with the lid, closing hole in center of lid with a cork. Remove the cork from the wooden bucket to let brine run out, replace cork in bucket, cover with a clean sack, and let stand 2 or 3 hours.

When a thicker mixture is desired, add to each quart of prepared ice mixture, before freezing, a teaspoon of granulated gelatine that has been soaked 20 minutes in 2 tablespoons of cold water and then dissolved in the hot syrup.

When Fruit and Water Ices are often called for, it is best to keep on hand, sealed, a bottle of 30° Sugar Syrup, made as follows:

30° Sugar Syrup

Put 2½ cups of water in a kettle over the fire. Turn onto center 1½ pounds of granulated sugar. Stir until the sugar is dissolved, and boil 15 minutes.

LEMON ICE:

4 cups filtered water $\frac{3}{4}$ cup lemon juice
1 pound sugar, liberal weight A lemon rind

Put the water in a saucepan over the fire, turn onto center the sugar, add the lemon-rind, stir until sugar is dissolved, and boil 10 minutes. When partly cold, add the lemon juice, cool it, and strain into freezer. Freeze as directed above.

ORANGE ICE:

1 quart filtered water Juice of 2 medium-sized lemons
1 pound sugar Grated rind of 3 oranges
1 pint orange juice

Make a syrup with water and sugar, boil 5 minutes, adding grated rind, and let stand until cool. Add orange and lemon juice, strain through a cheese-cloth into a freezer, and freeze and pack as at water ice. If the oranges are sour, leave out the lemon.

STRAWBERRY ICE:

1 quart filtered water $2\frac{1}{2}$ cups strawberry juice and
1 pound sugar pulp, rubbed through a
1 tablespoon lemon juice very fine sieve

Make a syrup with water and sugar. Boil 5 minutes and chill. Add the strawberries and lemon juice, pour into freezer, freeze, and pack in salt and ice as directed at Water Ice.

PEACH ICE:

Pit and peel some ripe peaches. Rub these through a fine sieve to obtain 3 cups of pulp-juice. With 3 cups of water and 15 ounces of sugar, or nearly 2 cups, make a syrup, boil 10 minutes, and chill. Add 3 tablespoons of lemon juice, the fruit pulp and juice, and a teaspoon of carmine coloring. Strain into freezer. Freeze and pack as directed at "Water Ice."

If desired, add to the boiling syrup 2 kernels from broken peach stones.

APPLE ICE:

Peel, quarter, core, and slice thinly, enough good tart apples to obtain a pound. Add 2 cups of boiling water, and boil until tender. Rub through a purée strainer, add 1 cup of sugar and 2 tablespoons of lemon juice, re-heat until the sugar is melted, remove, and chill. Freeze and pack as directed at Fruit or Water Ice. Occasionally served in glass with roast duck or pork.

Sherbets or Sorbets

Sherbets or Sorbets are frozen water ices in which eggwhites, beaten stiff-dry, are gently mixed, then allowed to stand at least 2 hours packed as usual in salt and ice before serving. To each gallon of frozen water ice add 2 or 3 egg-whites beaten stiff-dry and sweetened with a little sugar. Sherbets or Sorbets are often served before the roast or after the game.

PUNCH À LA ROMAINE:

| | |
|-----------------------|--------------------------------|
| 2 oranges, juice only | 1 quart 30° Sugar Syrup |
| 2 lemons, juice only | 1¼ cups strong tea infusion |
| ½ orange, rind only | 3 egg-whites, beaten stiff-dry |
| ½ lemon, rind only | 1 cup Jamaica rum |

Add the fruit juice and rind to the hot syrup and let stand until cooled. Add the tea, then strain into freezer, pack in salt and ice, and freeze as Water Ice. Then gently stir in the egg-whites, and let stand 1 hour. Before serving add the rum.

CAFÉ GLACÉ:

Make a quart of good coffee as strong as liked. Sweeten it to the taste with sugar. This usually registers 10° on a Beaume Hydrometer. Freeze and pack as directed at "Water Ice." Serve in chilled glass.

CHAPTER XXV

PASTRY

GENERAL RULES ABOUT PASTRY AND PIE DOUGH—
HOW TO WASH AND PREPARE BUTTER FOR USE IN
PASTRY—HOW TO MAKE PIE AND HINTS ABOUT
PIE PASTRY—PREPARATION OF MINCE MEAT

General Rules about Pastry and Pie Dough

THE cardinal principles of making good pastry, are, use good pastry flour, good shortening, and iced water; work with chilled tools in a cold place, and handle the dough lightly as little as needed and as quickly as possible. The use of a rolling-pin made of glass which can be filled with cracked ice is recommended, also a marble slab kept in a cold place. Besides its usefulness in making pastry, the slab may also be used to cool hot mixtures just removed from the fire. By following the rules and keeping to the given proportions, one will soon master the art of making pastry that will be light, flaky, and tender.

The process of making good pie dough must be thoroughly understood. The quality of pastry is determined by the quality of the shortening and the amount used to a given proportion of flour. Plain pie dough requires from one-third to one-half cup of shortening to each cup of sifted flour, while puff paste requires an equal amount of both flour and shortening. Pastry crusts made with butter have a much finer flavor than those made with lard, but are not so tender. Shortening makes pastry crisp, tender, and flaky. Shortening in pastry melts when set in the hot oven and acts as a wetting medium, which renders the crust tender, while water renders the crust tough; therefore, for good pastry, the shortening rather than the liquid should moisten the flour.

The hands should never touch the dough while working it, as the warmth of the hands will be communicated

to the dough. Work the dough in a cold place, on a marble slab. In using the rolling pin, never press with any force on the dough, or the air cells in the dough will be driven out. Fold the rolled-out dough by a swift stroke in two then in four, quickly sealing the edges together by pressing lightly with the pin; then press or pat the different layers in the same manner, as these will not cling or adhere together if the dough is properly chilled. Repeat the process over and over, thus encasing as much air as possible in the dough to expand while baking. The hot oven should have the heat coming from below. This will produce a light, flaky, digestible article. If the pastry is baked in a too-slow oven, it will be greasy, tough, and indigestible.

How to Wash and Prepare Butter for Use in Pastry

The butter used to make pastry should always be washed and especially prepared. Wash the hands. Wash the butter in cold water, while working it with the tips of the fingers to thoroughly remove the salt and butter-milk it holds. Then place it awhile in iced water to harden; drain, wipe, then arrange in a clean cloth, and pat and work until the moisture is thoroughly removed and it has become smooth, supple, and flexible.

Shape into a flat rectangular brick. Wrap brick in a napkin and set it on a dish over ice about 10 minutes or until it hardens a little, when it is ready to use.

PUFF PASTE:

Wash and prepare a pound of butter as directed above, and work in a cold place. Sift on a marble slab a pound of pastry flour with a teaspoon of salt. Reserve a very little of the flour for dusting the marble when rolling the dough.

Make a depression in the flour in which pour half a cup of iced water, which mix with a little more than half of the flour to obtain a dough ball of some firmness but not hard. Lift out the ball; then add gradually to the remaining flour while mixing it, not more but rather less than half a cup of iced water. The exact amount

cannot be given, as different flours absorb different amounts of liquid; simply use just enough water to obtain a rather soft, stiff ball. Gather the crumbs and combine the two balls. Knead this for about 5 minutes or until smooth, working and kneading as when making bread dough smooth. Shape it as a flat, rectangular brick, wrap in a clean cloth and set on a chilled dish over the ice about 15 minutes.

Slightly dust the marble with flour. Toss the dough and roll it into a rectangular sheet, and in center place the brick of supple butter, the longer side of the brick parallel with the longer side of the dough. Fold the dough over the butter, then fold the ends, thoroughly encasing butter in paste, taking care to enclose as much air as possible by folding with a quick stroke. With the rolling pin, press the overlapping ends quickly and lightly, sealing them together and leaving no open thin space to let air or butter escape while rolling pastry. Always roll lightly and evenly, keeping, at the same time, the corners of the sheet of dough as square as possible.

Turn the folded side of the dough downwards, then using rolling pin lightly, roll it out into a rectangle, occasionally lightly patting and turning the paste around in order that it may expand over the surface of the marble. Then proceed to give six turns as follows:

Beginning at a narrow end, fold a third of the dough over to center of the other two-thirds, then fold the other end over onto this, thus obtaining three even layers. Quickly and lightly pat the ends with the rolling pin, roll out again into a rectangle, fold in three layers and pat as before. This makes two turns. Then arrange dough in a doubled napkin and set it on a chilled dish, over ice for 30 minutes; in very hot weather set over it a pudding-pan holding cracked ice. Give it two more turns as above by rolling it out into a rectangle, folding in three even layers, rolling it out again, and as before folding in three even layers. Place it in a doubled napkin to chill 20 minutes over ice; then repeat the same process again, and chill another 20 minutes. Roll

out the paste to the desired thickness, cut it into the desired shape, then chill 20 minutes, and bake.

If at any time while rolling out the pastry it shows signs of softening, set it on the ice at once; or if the butter begins to run out, fold at once, wrap in a cloth, and set it over ice as above for 30 minutes. The chilled pastry should never be allowed to come in contact with the ice.

Baking of Puff Paste: After the pastry has been chilled for 20 minutes, arrange it in a baking-pan, and set it in a hot oven that has the greatest heat coming from below, so that the pastry may rise before it browns. The oven should be heated and regulated before the pastry is put in. Always select the place in the oven where the baking is most uniform, avoiding the scorching spot of the oven, and turn the pan around as often as needed so that the pastry may rise and brown evenly. While the pastry is rising, it is often necessary to decrease the heat in oven, by lowering the gas flame, or, if a coal range is used, by opening check and lifting the cover. Do not open the oven after the pastry is in, for at least 5 minutes. Occasionally, also, it is necessary to cover the baking pastry with an oiled paper so that it may not brown too quickly.

PATTY SHELLS OR PATTIES:

On a marble slab, roll out some chilled puff paste $1\frac{1}{4}$ inch thick. Cut it into circular shapes with a fluted cutter of $2\frac{1}{2}$ inches diameter, first dipping in flour. Then, using a smaller, plain, circular cutter of about $1\frac{1}{2}$ inches diameter, cut a hole in center of half of the circles, remove center pieces, and arrange them in the baking-pan. These are baked separately, to use as covers.

Wet the remaining whole circles all around, near border, and on each lay a ring of paste. Chill 20 minutes. Brush the top with a beaten egg, leaving the edge and side untouched, then bake as directed above, in a hot oven 20 to 25 minutes.

Or, roll the puff paste $1\frac{1}{2}$ inch thick, cut it into circles

as above, then, using a smaller cutter $1\frac{1}{5}$ inches in diameter, cut nearly half-way through the paste. Chill 30 minutes, brush the top only with beaten egg as above, and bake in a hot oven 25 to 30 minutes. When done lift up the center circles, and reserve these browned to use as covers: then remove the imperfectly cooked paste inside. Usually the patties are made before they are needed, and are re-heated in a moderate oven before filling.

VOL-AU-VENT:

Roll out some chilled puff paste $\frac{1}{3}$ inch thick. Mark and cut out a circle or oval of desired size, and moisten top surface near edge; on this circle lay a rim of puff paste $\frac{2}{3}$ inch thick and about $1\frac{1}{3}$ inches wide. Chill 30 minutes, brush top of rim with a beaten egg, and bake in a hot oven 40 to 45 minutes as directed at "Baking of Puff Paste." It is desirable to cover with an oiled paper for the first 25 minutes of cooking or until it has risen to its full height.

To make cover, roll out some puff paste $1\frac{1}{5}$ inch thick, and mark and cut out a circle or oval that will fit as a cover. Arrange in baking pan, chill 20 minutes, wash the top with a beaten egg, and bake in hot oven 20 minutes or until done.

These Vol au Vents are filled with a Financière Stew Garnishing or with any "Filling for Patty Shells." Arrange the pastry cover over it, re-heat a minute in the oven, and serve hot.

PETITS FEUILLETÉS, OR LITTLE PUFFS:

Take trimmings of puff paste and roll them out into a sheet of pastry about $\frac{1}{6}$ inch thick, cut into lozenges or hearts, arrange on a baking-pan, chill 20 minutes, then brush lightly with a beaten egg without touching the side, and dust lightly with salt. Bake in hot oven nearly 20 minutes.

LINING PASTE, I (Dressing Paste for Hot Meat Pâtés):

Sift 1 pound of flour with 1 teaspoon of salt; make in center a depression in which put 3 egg-yolks, 6 ounces of creamed butter, and about $\frac{2}{3}$ cup cold water. Using cold water, work and knead all together to obtain a smooth dough of some firmness but not hard. Cover and allow it to rest at least 2 hours.

LINING PASTE, II, OR PÂTE BRISÉE (For Cold Pâtés, Flans, Tarts, etc.):

| | |
|-----------------------------|--------------------------|
| 1 pound sifted flour | 5 scant ounces of butter |
| 1 teaspoon salt | Cold water as needed |
| 1 egg-yolk and 2 whole eggs | |

Proceed as in recipe above. If this paste is to be used to make tarts, add a teaspoon of sugar.

TART AND TARTLET PASTRY:

To make Tart or Tartlet crust use a paste, made as directed in recipe above. For a richer article use this paste as an under crust, then use rich pastry for band and cover crust. (See recipes, "Tart Bands" and "Covered Tarts.")

TART BANDS:

Roll out some Lining Paste II to $\frac{1}{8}$ of an inch thick. Mark and cut a circle 6 or 8 inches in diameter, and moisten around the border. Lay and arrange on circle a band of puff paste $1\frac{1}{4}$ inches wide and $\frac{1}{5}$ inch thick. Prick the bottom in several places with a carving fork, and chill. Brush the top of the rim with a beaten egg without touching the side, and bake in a hot oven 30 minutes as directed at "Baked Puff Paste." When cold, fill with any one of the Cream Fillings for Cake, or fill with jam, then ornament with whipped cream.

COVERED TARTS:

Put a tart ring of the desired size in a baking-pan, dust it lightly with flour, lay on it a sheet of Lining

Paste II, or of plain pie paste $\frac{1}{8}$ inch thick, over-running the edge. Lift it so it may fit into ring and pan, brush bottom with a little egg-white, fill center with the material to be used, cut the paste all around ring at about $\frac{1}{2}$ inch from ring, fold edge over the tart filling, then moisten top of paste and lay on it a circle of Puff Paste, folding in the end of the circle overlapping the under crust, between crust and tin.

Ornament top with figures stamped out of thinly rolled Puff Paste, then moisten edge adhering to tart cover. Make a fancy incision in center of cover for evaporation, wash with a beaten egg, and bake in a hot oven 30 minutes.

How to Make Pie and Hints about Pie Pastry

Care must be taken when adding the iced water to the flour never to use more water than necessary to hold together flour and shortening; the water, therefore, should be added slowly while stirring the mixture with a table knife.

Pastry doughs are usually made the day before used, and are as good the third and fourth days as the second. When pastry paste is not used the same day as made, wrap it in a cloth or simply place it in a can, tightly covered, and keep in a cold, dry place. Butter used to make Pie Paste should be washed and prepared as directed at "How to Wash and Prepare Butter for Use in Pastry," and if the principles previously set forth under "General Rules about Pastry and Pie Dough" are studied and followed, you will not fail to obtain a good pie.

To sum up these rules:

- (1) So far as possible have all ingredients chilled.
- (2) Work quickly and lightly in a cold place.
- (3) Have oven hot for about 12 minutes in order that crust may set quickly, and thus prevent absorbing moisture from the filling; then reduce heat in oven.
- (4) Pie-tins lined with pie paste rich in shortening are not greased, and the use of a perforated tin is recommended.

(5) To line the tin with crust, roll out the pastry $\frac{1}{8}$ of an inch thick, lay a sheet of paste on the tin, allow it to overrun edge of tin, stretching it, so it may shrink, before lightly pressing it into tin.

If the pie is only to have one crust, cut the paste with the scissors all round at about one-fourth the way from edge of tin, in order to arrange a high twisted border. Prick the bottom with a fork and fill the crust. Brush border with a little milk if a brown border is desired.

To bake single crust pastry shell, line the tin with pastry as above, prick the bottom in several places with a carving fork, and put in an oiled paper holding beans or cornmeal. Or, invert a deep pie-tin, cover it with a sheet of pastry $\frac{1}{8}$ inch thick, making with the edge a deep border, and prick top with a fork. Whichever method is followed, bake in a hot oven nearly 14 minutes, watching the baking carefully. Remove the paper and beans, or carefully invert the shell, as the case may require. When cold, fill with the desired mixture.

A custard mixture may be poured in these shells, then baked in a slow oven until firm on top center.

When making fruit pie with fresh fruit that is juicy, brush the under-crust with a little egg-white, or sprinkle over the uncooked under-crust some sifted bread crumbs, arrange in the fruit filling, moisten the edge of under-crust, lay on top a sheet of pastry $\frac{1}{8}$ inch thick, stretch it to allow for shrinkage, overrunning the edge, press the edge lightly together, and with scissors cut off edge all around the tin, making in center a fancy incision for evaporation. If a brown crust is desired, brush it with a little milk and sugar or with a beaten egg. Or, cover the pie as directed at "Covered Tart." Bake in hot oven 30 to 35 minutes.

PLAIN PIE PASTE:

| | |
|-----------------------------|------------------------------|
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ cup shortening |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{8}$ cup iced water |

Sift the flour and salt in a chilled bowl, reserving a little flour for dusting. Using a knife, thoroughly chop the shortening into the flour, then, stirring it with a

silver knife, slowly add the water, using just enough water to hold the shortening and crumbs together. Toss it onto a board or marble slab, sparingly dusted with flour. Gathering all the crumbs, lightly pat and roll out to about $\frac{1}{8}$ inch thickness. Fold into three layers as directed at "Puff Paste." Then, turning it half-way round, lightly pat and roll out again and fold as before. Chill as directed at "How to Make Pie," etc.

FLAKY PIE PASTE:

| | |
|-----------------------------|--------------------------------|
| 1½ cups sifted pastry flour | 3 ounces supple chilled butter |
| ½ teaspoon salt | ⅓ cup ice water |
| 3 ounces or ¾ cup good lard | |

Sift the flour and salt in a chilled bowl. Add the chilled lard and cut it in with knife, then, constantly stirring with a silver knife, slowly add the water, using just enough liquid to hold the crumbs together. Toss it onto a board or marble slab, sparingly dusted with flour. Lightly pat it and shape as a flat rectangular brick, roll it out $\frac{1}{8}$ inch thick, let it rest a few minutes, then roll it out into a rectangle, and arrange in middle the chilled sheet of butter, first folding the sides over the butter, and then the ends, taking care to enclose as much air as possible. Lightly press the overlapping ends with the rolling-pin, leaving no thin open space. Roll it out thin, as before, into a long rectangle, fold it in three even layers, then fold across, pat, and repeat the same process. When chilled, it is ready to use.

APPLE PIE:

Dust a pie-tin with flour, then line it with a sheet of pie paste $\frac{1}{8}$ inch thick. Fill inside with circular rows of overlapping thin slices of apples, working them towards the center until bottom is covered with a thick layer of apples. Arrange more sliced apples on top. Dredge over top about 3 ounces of sugar mixed with $\frac{1}{2}$ teaspoon of cinnamon, or, using only sugar, dredge over a little lemon juice and grated lemon rind. Dredge over top a few bits of fine butter, moisten the border of the

paste, cover with pastry, make an incision in center for evaporation, and bake in hot oven 35 to 40 minutes.

APPLE TART, I:

Line a flour-dusted pie-tin with pastry, or with Lining Paste II, in the latter case arranging around border a rim of Puff Paste. Fill inside with circular rows of overlapping thin slices of apples, working them towards the center to form a thick layer. Dredge over with 3 ounces of sugar mixed with a little cinnamon, and dot top with small bits of butter. Bake 35 minutes in a hot oven. Serve cold or warm.

APPLE TART, II:

Proceed as directed at "Apple Tart I," leaving out the cinnamon and butter. Dredge over top only 1 ounce of sugar, and spread over the apples $\frac{2}{3}$ of a tumbler of quince or currant jelly. Bake until apples are tender and crust done.

ENGLISH APPLE TART:

Fill an oval glass oven gratin dish with good tart apples, peeled, quartered, cored, and thinly sliced, packing them solidly. For a pint of apples add about 3 ounces of sugar, half a cup of water, and a little juice and grated rind of lemon. Roll out some pastry $\frac{1}{8}$ inch thick. Place over it the dish with the apples, and cut the paste all around the dish so top crust will fit; then cut all around the first cut so as to obtain a band of pastry $\frac{1}{2}$ inch wide. Remove the dish with apples, arrange the band of pastry on the moistened edge of dish, pressing it in two places. Moisten the band, cover with pastry, and make an incision in center. Flour the thumb of the left hand, press it on the edge of the pie, and with a knife in the right hand, make an incision on the right of the pressing thumb. Repeat, pressing and cutting at one-inch intervals all around the edge. Brush the cover with a beaten egg, dust with a little sugar, and bake in a hot oven about 40 minutes. Serve warm with cream.

ENGLISH RHUBARB TART:

Skin a good pound of rhubarb and cut into pieces $1\frac{1}{3}$ inches in length. Turn into boiling water, to cover, and let stand without boiling 5 minutes. Carefully turn on a strainer, and thoroughly drain. Gently toss into some sugar, shaking it so as to coat the rhubarb, and arrange in a buttered oval glass gratin dish. Add a tablespoon of water. Cover with pastry as directed at "English Apple Pie," and bake 35 minutes in a hot oven.

APPLE CUSTARD TART:

Using only 1 ounce of sugar and leaving out the cinnamon, bake an Apple Tart I for 20 minutes. Have ready a custard mixture made with 2 egg-yolks, 1 whole egg, $\frac{1}{2}$ cup of sugar, 1 teaspoon of vanilla, and $1\frac{1}{3}$ cups of milk. Strain over the apples, then finish baking in a slow, moderate oven until the custard is firm. Serve cold.

CREAM PIE:

Mix 5 ounces of sugar with 2 tablespoons of pastry flour, and while stirring it, add slowly $\frac{2}{3}$ pint of scalded milk. Beat in a bowl 2 egg-yolks and 1 whole egg; continue beating while slowly adding the first mixture and a teaspoon of vanilla. Pour it in a crust that has been baked 15 minutes in a hot oven, then finish baking in a moderate oven until firm.

CHOCOLATE CREAM PIE:

Same as preceding, only mix with the sugar and flour $\frac{1}{4}$ cup of unsweetened powdered chocolate.

LEMON APPLE PIE:

Peel and core a large cooking apple, and chop fine. Mix it with the grated rind and juice of a lemon, 2 beaten pullet eggs, 1 generous cup of sugar, $\frac{3}{5}$ cup of rolled crackers and a tablespoon of hot melted butter. Bake between two crusts.

LEMON PIE, I:

- | | |
|------------------------------------|---------------------------------|
| 1 cup granulated sugar | 2 lemons, juice and grated rind |
| 3 level tablespoons cornstarch | 1 tablespoon melted butter |
| 4 level tablespoons flour | 3 egg-whites, beaten stiff-dry |
| 1 $\frac{1}{4}$ cups boiling water | 3 heaping tablespoon sifted |
| 3 egg-yolks, slightly beaten | powdered sugar |

Put into a small saucepan the granulated sugar, cornstarch, and flour. Mix well, and, while stirring, add the boiling water very slowly. Cook and stir constantly with a wooden spoon until boiling, then place the saucepan in a bath of hot water, and beat in the egg-yolks; cook and beat until the eggs are set, without boiling. Remove from the fire, beat in the lemon juice and butter, and, when partly cool, turn the mixture into a baked crust, straighten surface, and arrange and ornament top with a meringue paste made of the egg-whites and powdered sugar. Dredge over some sugar and bake in a slack oven until delicately amber-colored.

LEMON PIE, II:

Grate enough stale bread to obtain a scant cup of crumbs. Pour over about 3 tablespoons of melted butter, and, stirring, add a cup of boiling water. Beat 3 egg-yolks until creamy and thick. Continue to beat while adding slowly 1 cup of sugar and the grated rind and juice of 2 lemons. Combine the two mixtures and pour in a crust that has been baking 15 minutes, and finish baking in a moderate oven until fairly firm. Remove, partly cool, and cover with a meringue made as in preceding recipe.

CRANBERRY PIE:

Arrange in a tin, lined with pie paste, about 2 cups of Cranberry Jelly. Arrange strips of paste across the top, put a rim over the border, and bake.

PUMPKIN PIE:

Put through a colander enough steamed or baked pumpkin to obtain about 1 $\frac{1}{2}$ cups of pulp. Beat in a bowl 1 egg-yolk and 1 whole egg. Add the pumpkin,

2 ounces of brown sugar, 1 tablespoon of melted butter, 1 teaspoon of salt, and a dash each, of cinnamon and ginger, a few grains of nutmeg, and $\frac{1}{2}$ cup of milk. Mix well and bake in one crust.

Preparation of Mince Meat

MINCE MEAT, I:

- 2 $\frac{1}{2}$ pounds boiled or roasted lean beef thinly chopped, skin and gristle removed
- 2 $\frac{1}{2}$ cups suet, thinly chopped, skin and gristle removed.
- 4 pounds of apples, peeled, cored, quartered, and thinly chopped
- 1 $\frac{2}{3}$ cups sugar
- 1 $\frac{2}{3}$ cups molasses
- 1 $\frac{2}{3}$ pounds seeded raisins
- 1 $\frac{2}{3}$ pounds Sun Maid Malaga raisins
- $\frac{3}{4}$ cup citron, thinly shredded
- 2 $\frac{1}{2}$ cups boiled cider
- $\frac{1}{2}$ teaspoon each, cloves and nutmeg
- 1 teaspoon allspice
- 1 tablespoon each, cinnamon and salt
- 2 oranges, juice and grated rind
- 2 lemons, juice and grated rind
- $\frac{3}{4}$ tumbler of crab-apple, quince, or currant jelly
- 1 teaspoon lemon extract, or orange blossom water, or both

Place a large saucepan over a moderate fire, and in it put the suet, meat, apples, molasses, sugar, citron, raisins, cider, and salt. Cook, occasionally stirring with a wooden spoon, until apples are soft, then add the remaining ingredients, pack in a jar, and seal. If more liquid is needed, add the stock in which the meat has been cooked. The top crust of a mince pie should always be nicely glazed, therefore brush it with a beaten egg and dredge with a little sugar.

MINCE MEAT, II:

- $\frac{1}{2}$ pound boiled or roasted lean beef, thinly chopped, skin and gristle removed
- $\frac{1}{2}$ pound suet, chopped, skin removed
- $\frac{1}{2}$ pound currants
- $\frac{1}{2}$ pound seeded raisins, chopped
- 3 tart apples peeled, cored, and chopped
- 1 cup brown sugar
- 4 ounces citron, shredded and chopped

- 2 tablespoons lemon and orange rind, shredded, chopped, and
 boiled until tender
- 1 tablespoon cinnamon
- 1 teaspoon each, mace and salt
- ¼ teaspoon each, nutmeg and cloves
- 1 ⅔ pints sweet cider
- 1 cup brandy or port wine

Mix all together and let stand in an earthen crock, covered, in a cold, dry place for 2 weeks.

CHAPTER XXVI

CAKES

GENERAL INSTRUCTIONS—LIGHTENING FLOUR MIXTURES
—BAKING POWDER SUBSTITUTES AND BAKING SODA
MIXTURES—CREAM AS A SUBSTITUTE FOR BUTTER—
HOW TO FLAVOR WITH ECONOMY—TO PREPARE THE
PAN FOR CAKE—TO BEAT EGG-WHITES TO A STIFF-
DRY FROTH—MIXING SPONGE AND SAVOY CAKE—
MIXING BUTTER CAKE—OVEN HEAT—BAKING THE
CAKE—CAKE RECIPES

General Instructions

THE texture of good cake is light, soft, and fine-grained, and the cakes are always of uniform height and color. On account of the high price of materials entering into cake making, the greatest care should be taken both in the method of preparation and in the selection of ingredients used, which should always be the best. It is necessary to be scrupulously exact when measuring and to mix exactly as directed, combining the materials properly, and always mixing two ingredients thoroughly before adding a third one. Both the pans used must be properly prepared, and the heat in the oven regulated before beginning to mix the cake batter, so that the cake mixture may be placed in the oven as soon as in the pan. Lastly, the cake must be watched carefully during the baking.

All measurements are level, unless otherwise stated.

Cakes may be divided into four classes:

(1) Batter cake made with spatula; these include Sponge and Savoy cake types, also butter batter cake.

(2) Cake made with raised dough, such as Brioche, Baba, etc.

(3) Cake made with rolled-stiff paste, such as Puff, Lining or Cookie Paste, and cakes such as Pithivier, Flan-Meringué and cookies.

(4) Cake made with mortar almond or hazelnut paste, such as Macaroon, Massepain, etc.

Use the finest granulated or pulverized sugar, the best pastry flour, fresh eggs, choice almonds, etc. Pastry flour should always be used to make cake; but, if bread flour only is available, from each cup of sifted flour take out $1\frac{1}{2}$ level tablespoons. Always sift the flour before measuring it; in this way, an even, exact measure will result. When salt, baking powder, cream tartar, or baking soda are used, they are added to the measured sifted flour and re-sifted together several times before being added to the batter. Beating the eggs and the butter renders the cake light, and beating the flour into the batter gives a fine grain to the cake; but in no case beat any mixture to which beaten stiff-dry egg-whites have been added.

Sponge Cake batter mixtures are usually of a consistency that will enable them to be easily spread with a spatula; but Butter Cake batter should always be thicker, as the heated shortening, melting while baking, acts as a moisture. Butter produces the best cake; but on account of its high price, good lard, crisco, etc., are often substituted for it in highly spiced cake, or used half and half with real butter.

Milk makes cake moist; water renders it tender; and cornstarch and pulverized sugar give dry cake.

Lightening Flour Mixtures

Baking Powder Substitutes and Baking Soda Mixtures

Flour mixtures are rendered light by introducing gas or air cells. Gas is introduced by means of yeast, baking powder, or baking powder substitutes. Air cells are introduced by beating the butter or the eggs, or both, and also by beating mixture. In baking, both gas and air cells are expanded by the heat and are retained in eggless mixtures by the gluten of the flour; in mixtures where eggs are used, the gas and air cells are retained by both the gluten of the flour and of the eggs.

Baking powder substitutes are sour milk or cream used with baking soda. For each cup of sour milk or

cream use $\frac{1}{2}$ teaspoon of baking soda, or, by using only $\frac{1}{4}$ teaspoon of baking soda to neutralize the acidity baking powder may be used as required.

For best results, it is very important to sift the flour several times with the baking powder and baking soda before mixing. All the mixtures lightened by one or both of these leavening agents should be baked as soon as mixed in order to retain the gases, as otherwise they will escape.

The old-fashioned way of dissolving the baking soda in water before putting it in the mixture is not desirable, because the freed gas escapes before the mixing is thoroughly done.

Use a teaspoon of baking soda to each cup of molasses.

Cream as a Substitute for Butter

Both sweet or sour cream may be used in cake making, also to make quick bread in place of more or less butter. Ordinary cream holds 18% fat. One cup of table cream holds about 3 tablespoons of fat. The same cup of cream holds 3 tablespoons less liquid than milk; hence, when substituting cream for milk in a recipe, use a little more cream than the amount of milk called for and less butter in proportion to the amount of cream used.

How to Flavor with Economy

Vanilla Flavoring: The French pastry cook uses the vanilla bean, which gives the best and most economical results. As these beans are kept buried in sugar in a closely sealed jar or can, the sugar absorbs much of the vanilla flavor and may be used to make desserts which call for vanilla flavoring, especially those where the addition of liquid is not desirable, such as meringue, macaroons, etc. When a stronger flavor is desired, cut the vanilla bean in pieces, pound to a fine paste in a mortar, continue pounding, adding the sugar gradually, then rub through a fine sieve. In mixtures in which liquid is used, infuse half a vanilla bean in liquid until liquid is sufficiently flavored, remove bean, wipe and dry a few minutes in the warmer, then bury it again in sugar, to be used later on, split.

The caramel's delectable flavor is greatly improved by making a Caramel Syrup as directed at that recipe, adding half a vanilla bean, and reserving closely sealed in jar.

Orange and Lemon Flavoring: The grated rinds of both orange and lemon, which contain a delicious flavoring oil, are desirable for flavoring cake. In contrast to the flavoring extracts, they are not volatile, and cakes baked with grated rind retain all the flavor, while cake flavored with the very volatile extract has nearly all the flavoring evaporated before the cake is baked. When a cake is to be filled or spread with a filling or frosting, it need not be flavored, as by adding the flavoring to the icing or filling before spreading on cake, the cake will absorb and assimilate sufficient flavoring.

Thin strips of lemon or orange rind allowed to steep in a hot sugar syrup or sweet sauce for pudding impart a nice flavoring; or add to syrup a sugar-cube rubbed on rind.

It is economy to dry the surplus rinds. Pound in a mortar to a fine powder, continuing pounding while adding a little sugar, then rub through a sieve.

An orange leaf boiled in a liquid that is being used gives a flavor nearly similar to orange blossom water.

Noyeau Flavoring: A peach leaf, or the crushed kernels of pitted fruits, such as apricots, plums, etc., give a Noyeau Flavoring when they are boiled in liquid.

Fruit Juices may be used as a flavoring, and besides are nice for coloring.

To Prepare the Pan for Cake

To grease a pan for baking cake, brush the cold pan evenly with cooking oil, or slightly heat the pan and brush the bottom and side evenly and thinly with either lard, crisco, clarified butter, or dripping.

To line the pan with blank paper, grease pan as above, cover bottom and side with blank paper, letting the edge run over side of pan, then oil or grease the paper. To prepare flat pans for smaller cake, rub pan

with a dry cloth, then brush it lightly and evenly thin with cooking oil and wipe with a clean cloth to polish.

It is easier to remove the cake if the greased pan is dusted with flour.

To Beat Egg-whites to a Stiff-dry Froth

Carefully separate the yolks and whites in separate chilled bowls, taking care not to let any yolk drop into the white, and vice versa. Place the bowl holding the white in a cold place until needed. To beat, add to the whites part of the salt entering into mixture, then, using a Dover beater, beat in a cold place to a stiff-dry froth that will bear an egg.

Mixing Sponge and Savoy Cake

Have each ingredient carefully measured and close at hand, the pan ready, and the heat in the oven regulated to bake the cake properly from start to finish. Carefully separate the chilled egg-whites and egg-yolks, as explained above, in two separate bowls. Set the whites in a cold place until needed. Beat the yolks until fairly thick and lemon-colored; continue beating, adding the sugar very gradually, and beat until light and creamy; then add the flavoring, either grated rind of lemon or orange, or vanilla flavored sugar as explained at "How to Flavor with Economy," or, instead of the sugar, add $\frac{1}{2}$ teaspoon of vanilla extract.

To the egg-whites add a part or all of the salt, then beat in a cold place to a stiff-dry froth. Pour over the beaten whites the creamed yolk-sugar mixture and half of the sifted flour; and using a basting spoon, fold until partly mixed, continue folding while adding the remaining flour, and fold until fairly blended. Or, fold the beaten egg-whites into the creamed yolk-sugar mixture, then add the flour, and fold until blended; although this will require a longer folding, which may free some of the air cells. Whichever method is used must produce a light, fluffy mixture that can at once be easily spread in a pan, having it slightly higher on the side than in center.

The above methods apply only to mixtures in which baking powder is used.

If the egg-yolks used are large, these, beaten as above, with sugar added, will produce a rather soft fluffy mixture in which beat in a part of the flour, beating well before folding into it, alternately, the egg-whites and the remaining flour.

Sponge Cake thus mixed will be very light.

Mixing Butter Cake

Prepare and measure all ingredients called for in recipe. Have them close at hand in order to proceed with the mixing quickly. Have the pan ready, the fire replenished, and the heat in the oven regulated. The salt, baking powder and soda, cream tartar, and other powdered spices or ingredients, are always re-sifted with the flour several times before the mixing. If fruits are used, dust them with flour, and add last except in dark cake, where they may be added to the first mixture.

Put the weighed butter in a mixing bowl in a warm place or room a few hours before mixing the batter, so that it may be soft but not melted when needed. If soft butter is not at hand, pour some hot water into mixing bowl, then pour it out, and wipe bowl perfectly dry, put in the butter, cut in bits, and at once begin to stir with a wooden spoon until creamy, smooth, and light. Continue beating while adding the sugar very gradually, and beat until creamy and fluffy.

Beating the eggs and butter produces light cakes. The eggs are added in various manners, and occasionally whole eggs beaten or unbeaten are added one by one, vigorously beating each egg into the first mixture at least 2 minutes before adding another egg, or, whole eggs beaten very light may be beaten into the cake batter. Add the liquid, then the flour sifted with the dry ingredients, as explained above. Occasionally, the flour is added alternately with the liquid or the well-beaten eggs. All these batters are beaten vigorously from 3 to 5 minutes, with an egg wire-whip; this increases the firmness of the finished article, which is fine-grained.

When the eggs are added separately to the creamed butter and sugar mixture, it usually produces lighter cakes, but they are also drier. The egg-yolks are beaten until fairly thick and then beaten into the first mixture. If the recipe calls for more sugar than the amount of butter given in the recipe will absorb to obtain a creamy mixture, then beat into the creamed yolk a part of the sugar until mixture is light and fluffy, and beat into first mixture. The beaten egg-whites are then added and well beaten into the first mixture, the liquid added, if any, and lastly the flour mixture, or they may be added alternately.

All the above mixtures are beaten vigorously for 2 minutes before baking, and the beating should be the last motion, as stirring will loosen some of the air cells. Egg-whites beaten to a stiff dry froth are always added to a batter last, or alternately with the flour. These are folded in, and the folding should be the last motion, to thoroughly blend the cake before being baked. Arrange the batter in the prepared greased pan; and, using a flexible spatula, arrange surface a little higher on sides with a slight depression in center.

Butter Cake batter is always thick, as the butter or shortening acts as a moistener in baking; therefore, be careful when mixing a new recipe to always have a thick batter before folding in the beaten-stiff egg whites. Butter Cake is always baked in a moderate oven unless otherwise directed.

Oven Heat

Slow oven, 270° F. to 349° F. Will brown a meringue in 6 min.
Moderate, 350° F. to 399° F. Will brown a blank piece of
paper in 5 minutes
Hot oven 400° F. to 480° F. At 425° F. will brown a table-
spoon of flour in 5 minutes.

Baking the Cake

All Batter Cakes are baked as soon as mixed, and the fire should be so arranged before the mixing that the heat in the oven is just right when the batter is finished, and the fire replenished so that it lasts until the cake is thoroughly baked.

The spot in the oven to place the cake depends mostly on the distribution of the heat in the particular oven. If the heat in oven is uneven, the cake will rise unevenly; and, as cake must not be moved before it has risen its full height, if the cake is not expected to rise higher than the edge of pan, carefully place over top of the hotter side a screen of oiled stiff blank paper, but much care must be taken that the paper does not adhere to the cake.

When the cake has risen to its full height, it should be turned so it may brown evenly. If the oven thermometer is used, set it in the oven long before mixing in order that it may accurately register the temperature, which then may be regulated as necessary. It is indispensable, in successfully baking Batter Cake, to understand the different phases of its baking, which may be divided into four quarters.

In the first quarter, the mixture should rise in the pan, leaving on top a soft crust. The oven, therefore, should not be too hot, as cake must not brown in this part of the baking, otherwise a brown crust will be formed which will prevent further rising, and cake will rise more in center than on the side.

In the second quarter, it should continue to rise to its full height, and just begin to brown.

In the third quarter, the cake becomes browned.

In the fourth quarter it finishes browning properly, and shrinks from the pan.

Watch the baking of the cake carefully in order to bake it properly; but do not open oven door before the cake is at least 6 minutes in oven, and it is best not to open door until after cake has been in oven 10 or 15 minutes. Do not open door too often, as many well-mixed Batter Cakes have been ruined in this manner. When the oven is too hot, leave the door very slightly open a minute or so, but it is best to remove cover and open check of a coal range, or lower the gas heat.

Loaf Cakes are usually baked in a moderate oven from 30 to 50 minutes. As a rule, all the Loaf Cakes of richest Sponge or Savoy type made without butter, and

with only eggs as a moistener, are baked from 50 to 60 minutes, according to size, in a very slow oven; and often these cakes, as soon as they are unmolded, are placed in the oven half a minute to dry a little.

Rich Fruit and Pound Cakes require long baking in a rather slow, moderate oven, usually an hour or longer. Large Fruit Cake and Bride Cake require from 2 to 3 hours. These cakes are done when the cake feels firm to the pressing finger, and when, in pulling finger away from cake, it follows the finger back into place.

Both Gem Cakes and Layer Cakes are baked in quick moderate ovens. When a baking cake cracks open as it rises, too much flour has been used. Usually the cake is done when it shrinks from the pan, but to make sure that a cake is done, pierce the center with a clean broom straw, and if it comes out clean the cake is done.

Cake Recipes

SPONGE CAKE, I:

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| 6 egg-yolks | 2 ounces sifted pastry flour |
| 4 ounces granulated sugar | 2¼ ounces potato flour |
| 4 ounces sifted pulverized sugar | 6 egg-whites |
| 1 teaspoon vanilla, or grated rind of lemon or orange | A dash of salt |

If these portions give too large a cake, use two-thirds the amount specified.

Sift the pastry flour with the potato flour. Rub the egg-yolks until fairly thick and lemon-colored. While beating, add slowly, first the granulated sugar, then the pulverized sugar. Beat until creamy and light, adding the rind. Add the salt to the egg-whites and beat to a stiff-dry froth that will bear an egg. Finish mixing as directed at "Mixing Sponge and Savoy Cake." Arrange mixture in a buttered cake tin dusted with flour, straighten surface, having it a little higher on the side and a slight depression in center. Bake in slow oven 1 hour.

SPONGE CAKE, II:

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| 3 eggs | 1 teaspoon vanilla, or the grated |
| $\frac{1}{4}$ teaspoon salt | rind of a lemon or orange |
| 1 cup sugar | 1 cup pastry flour |
| 1 tablespoon water | 2 teaspoons baking powder |

Sift the flour with the baking powder. Beat the eggs with the salt added, until very light. Continue beating, and slowly add the sugar; beat vigorously until light and fluffy. Continue the beating while gradually adding the water, the flour, and rind or vanilla. Beat vigorously. Bake in a moderate oven about 32 minutes. For a lighter cake separate the yolks from the whites and proceed as in the following recipe.

SPONGE CAKE, III:

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| 2 egg-yolks | 1 cup sifted pastry flour |
| 1 cup granulated sugar | 2 level teaspoons baking powder |
| 4 tablespoons hot water | 2 egg-whites |
| A little grated rind of lemon | $\frac{1}{2}$ teaspoon salt |
| or orange or $\frac{1}{3}$ teaspoon | |
| vanilla | |

Use good-sized eggs. Sift the flour with the baking powder. Beat the yolks in a bowl until fairly thick and lemon-colored. Continue whipping while adding half the sugar. When creamy and light gradually add the hot water, the remaining sugar, and the vanilla or grated rind; continue beating while adding the flour mixture. Beat well, then fold in the egg-whites, with the salt added and beaten to a stiff-dry froth. Arrange the batter in a greased cake tin dusted with flour and bake in moderate oven until done, or about 30 minutes.

COCOA SPONGE CAKE:

Using any one of the above recipes for Sponge Cake, measure out 1 tablespoon less of flour, and re-sift the flour with 3 tablespoons of cocoa. Flavor with vanilla, leaving out the lemon rind.

DROP SPONGE CAKE:

Upon a blank paper placed on a baking pan, drop from tip of spoon any one of the above Sponge Cake

batters, taking care that batter drops are all of uniform size and at least an inch apart, one from the other. Dredge with powdered sugar, shake sugar off paper, and bake in a moderate oven nearly 8 minutes, or until done. Mix in this batter some chopped nuts, if desired.

Or, to bake small Sponge Cakes, fill, two-thirds full, some oiled muffin rings dusted with flour, and bake 15 minutes, or until done. Glaze them while hot with a Confectioner's Icing, if desired.

These small cakes are occasionally split before being frosted, and then a whipped sweetened cream or a Cream Filling spread between, or an Apricot Jelly or Marmalade.

ANGEL FOOD CAKE:

The original proportions of this white Sponge Cake are: 11 egg-whites, 10 ounces of sugar, 5 ounces of sifted pastry flour, and 1 rounded teaspoon of cream tartar. As the use of 11 egg-whites will cause a waste of egg-yolks, a reasonably sized cake can be made with the following proportions:

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| 6 egg-whites chilled in a bowl | $\frac{3}{4}$ cup or 3 ounces pastry flour |
| $\frac{1}{6}$ teaspoon salt | a trifle less than either |
| $5\frac{1}{2}$ ounces finest granulated sugar, or sifted bar powdered sugar | 1 teaspoon cream tartar |
| | $\frac{1}{2}$ teaspoon vanilla extract |

Sift the flour and cream tartar several times. Add salt to the egg-whites, and beat to a stiff-dry froth that will bear an egg. With a wooden spoon gently stir in the sugar, and before it is blended, gradually add the flour and flavoring. Arrange in a cake pan brushed with oil and dusted with flour. Bake in a slow moderate oven 30 or 35 minutes. As soon as the cake has risen to its full height, put a screen of oiled paper over it, taking care that paper does not adhere to cake.

SUNSHINE CAKE:

Proceed as directed in the preceding recipe. Beat 3 egg-yolks until fairly thick and lemon-colored. Add these, with the flavoring extract, just before adding the flour mixture, and gently fold.

LADY FINGERS:

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| 3 egg-yolks | A dash of salt |
| 2 $\frac{2}{3}$ ounces or $\frac{2}{5}$ cup powdered sugar | 3 chilled egg-whites |
| | A few drops vanilla flavoring |
| $\frac{1}{2}$ cup sifted pastry flour | |

When the eggs are large, use only 2 or 2 $\frac{1}{2}$ yolks.

For best results use vanilla flavored sugar (see, "How to Flavor with Economy"). Lacking this sugar, add a few drops of vanilla extract and proceed as directed at "Sponge Cake I." Using a pastry bag with a circular small round tube, shape the Lady Fingers 4 inches long and $\frac{2}{3}$ inch wide, on a blank paper in a baking pan, leaving at least an inch of open space between the cakes. Dredge with powdered sugar, and holding the paper by the ends, shake off the superfluous sugar. Bake at once in a moderate oven to a colorless soft crust, nearly 8 minutes. Invert the sheet of paper, cakes downwards, upon a blank paper dusted with powdered sugar; gently but quickly brush top surface of paper with cold water, and let stand a few seconds. The moisture will allow the cakes on the other side to peel off easily, and two cakes placed at once together will adhere.

BUTTER CAKE LOAF OR CUP CAKE:

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| $\frac{1}{2}$ cup or 4 ounces butter | 2 cups sifted flour |
| 1 $\frac{1}{4}$ cups finest granulated sugar | 2 $\frac{1}{2}$ teaspoons baking powder |
| 3 eggs, beaten | 1 teaspoon of vanilla extract |
| $\frac{1}{4}$ teaspoon salt | or grated rind of $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ cup milk | or orange |

Using a slit spoon, rub the butter until soft and creamy. Continue beating, adding the sugar very gradually. Beat vigorously until light and creamy. Continue to beat, and add the eggs beaten one at a time, beating a few minutes after each addition of eggs; then add alternately the milk, with the flour sifted with the baking powder and salt, and add flavoring; beat well. Bake a loaf about 40 minutes in a moderate oven, and bake small cakes in muffin rings in a rather quick, moderate oven about 15 minutes. Use just enough milk to obtain a thick batter.

LAYER BUTTER CAKE:

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| 3 ounces or $\frac{1}{3}$ cup butter | — | $2\frac{1}{2}$ level teaspoons baking powder |
| 1 cup sugar | | |
| 2 eggs, well beaten | | Grated rind of $\frac{1}{2}$ lemon or orange, or a few drops of vanilla extract |
| $\frac{1}{8}$ teaspoon salt | | |
| $\frac{1}{8}$ cup milk or water | | |
| $7\frac{1}{2}$ ounces or $1\frac{6}{7}$ cups pastry flour | | |

Mix as in preceding recipe. Bake in two or three layers, in a rather quick moderate oven.

CREAM PIE CAKE:

Spread, between the layers of a cake made as in preceding recipe, any one of the Cream Fillings. Put together, and dredge over some powdered sugar.

Varieties of Layer Cake

Bake Layer Cake in a greased round pan as directed above. Let cool, and when cold, put the layers together, spreading between any of the following Fillings: Mocha, Apple, Fig, Strawberry, Pineapple, Marshmallow, Coconut, etc. Dredge over cake some powdered sugar.

Or, a cold baked Sponge Cake may be split, then spread with an Apricot Jelly or a sweetened whipped cream.

ICE CREAM CAKE:

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| 3 $\frac{1}{5}$ ounces or $\frac{2}{5}$ cup butter | 1 teaspoon vanilla or lemon extract |
| 9 ounces or $1\frac{1}{6}$ cups sugar | |
| 2 cups or 8 ounces sifted flour | $\frac{2}{3}$ cup water |
| $3\frac{1}{2}$ level teaspoons baking powder | 4 egg-whites, well beaten |

Sift the baking powder with the flour. Rub the butter with a slit spoon until creamy. Beating, slowly add the sugar, and beat 3 minutes; continue beating while adding alternately the flour and the liquid; lastly, beat in the egg-whites and beat vigorously 2 minutes. Bake 15 minutes in a quick moderate oven, in layers. Spread between the cooled layers any of the following Fillings: Pineapple, Strawberry, Apple, Nut, Marshmallow; or, use a Lady Baltimore Cake Filling.

SNOW OR BUTTER WHITE CAKE, I:

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| 2 ounces or $\frac{1}{4}$ cup butter | 3 level teaspoons baking powder |
| 1 cup sugar | 2 egg-whites |
| $\frac{1}{2}$ cup milk | $\frac{1}{6}$ teaspoon salt |
| $6\frac{2}{3}$ ounces or $1\frac{5}{8}$ cups sifted flour | Grated rind of $\frac{1}{2}$ lemon or orange |

Sift the flour with the baking powder and salt. With a slit spoon beat the butter until creamy; continue beating, adding the sugar gradually; beat until fluffy and creamy, adding the lemon rind. Beat the egg-whites, add them a little at a time to the creamed butter mixture, beat vigorously a few minutes, and continue beating while adding alternately the milk and the flour mixture. Beat vigorously a few minutes, and bake in a moderate oven 40 minutes or until done.

SNOW OR BUTTER WHITE CAKE, II:

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| 4 ounces or $\frac{1}{2}$ cup butter | $3\frac{1}{3}$ ounces potato flour, or about $\frac{5}{9}$ cup |
| $4\frac{2}{3}$ ounces, or $\frac{5}{8}$ cup finest granulated sugar | 3 tablespoons milk or water |
| $2\frac{2}{3}$ ounces, or nearly $\frac{3}{4}$ cup pastry flour | $\frac{2}{3}$ teaspoon vanilla extract |
| | 6 egg-whites |
| | $\frac{1}{6}$ teaspoon salt |

Sift the flour, potato flour, and salt together. Using a slit spoon, beat the butter until creamy. Continue beating, slowly adding the sugar, and beat until creamy and light. Beat the egg-whites, then while beating the creamed sugar mixture, add the egg-white, a tablespoon at a time, beating vigorously 2 minutes after each spoonful. Continue beating while adding alternately the flour and the water, then beat vigorously 5 minutes. Bake in a moderate oven about 40 minutes.

WINE CAKE:

Substituting 3 tablespoons of Madeira wine for the milk, and the juice and grated rind of $\frac{1}{3}$ lemon for the vanilla, proceed as directed in preceding recipe, and color mixture with a little carmine.

CHOCOLATE CAKE, I:

Melt $1\frac{1}{2}$ ounces of grated Baker's Chocolate over hot water; remove from the fire, stir in 1 teaspoon of vanilla, and when cooled, add to a Snow Cake II batter before adding the flour.

CHOCOLATE CAKE, II:

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| $\frac{1}{2}$ cup butter | $1\frac{5}{8}$ cups pastry flour |
| 1 cup sugar | $2\frac{1}{2}$ level teaspoons baking powder |
| 2 egg-yolks | 1 teaspoon vanilla |
| 3 heaping tablespoons powdered unsweetened chocolate | $\frac{1}{8}$ teaspoon salt |
| $\frac{1}{2}$ cup milk | 2 egg-whites |

Use good-sized eggs. Sift the flour and baking powder together. Rub the butter until creamy. Continue beating, and slowly add the sugar. Beat until light. Then, continuing beating, add the beaten egg-yolks, beat well, add the chocolate, and, still beating, add alternately the milk and the flour mixture, then the vanilla. Beat well, then fold in the egg-whites with salt added and beaten to a stiff-dry froth. Arrange the batter in a greased pan lined with oiled paper, and bake 40 minutes in a moderate oven.

CHOCOLATE NOUGAT CAKE:

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| 3 ounces or $\frac{3}{8}$ cup butter | 1 teaspoon vanilla extract |
| $1\frac{1}{2}$ cups sugar | $\frac{1}{8}$ teaspoon cinnamon |
| 3 eggs, yolks and whites separated | $\frac{1}{2}$ cup milk (if the eggs are small use a little more) |
| $\frac{1}{5}$ teaspoon salt | 4 rounded tablespoons of powdered chocolate |
| 2 cups sifted flour | $2\frac{1}{2}$ level teaspoons baking powder |

Sift the flour, baking powder, cinnamon, and salt together. Rub the butter until creamy, and, beating, slowly add half the sugar, then beat until creamy and light. Beat the egg-yolks until fairly thick, continue beating, slowly adding the remaining sugar; beat until light and fluffy. Beating vigorously, combine with first mixture. Finish the mixing as in preceding recipe. Bake layers in a quick moderate oven, in tins lined with oiled paper. Spread between layers a Boiled White Frosting,

to which is added $\frac{1}{3}$ cup of chopped walnuts or shredded blanched almonds.

GRAHAM CAKE:

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| $\frac{1}{3}$ cup butter | $\frac{1}{2}$ cup walnuts, chopped |
| 1 cup sugar | 1 teaspoon vanilla extract |
| 2 egg-yolks, beaten | 2 egg-whites with a dash of |
| 1 cup pastry flour | salt added, beaten stiff |
| 2 teaspoons baking powder | and firm |
| $\frac{1}{2}$ cup milk | $1\frac{1}{6}$ cups graham crackers, |
| | rolled fine |

Sift the flour with baking powder, then mix with the rolled crackers. Cream the butter, continue beating and slowly add the sugar. When creamy and light add the yolks. Continue beating while adding alternately the liquid and flour, then the vanilla. Beat vigorously a minute before folding in the egg-whites, then add the nuts. Bake 15 minutes in a quick moderate oven in two or three layers. Spread between and over layers an Almond Meringue Paste Frosting and stand in a cold oven till a crust is formed. Or, simply spread between the layers a sweetened whipped cream with chopped nuts added.

CITRON CAKE:

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| $\frac{2}{3}$ cup butter | $2\frac{2}{3}$ cups pastry flour |
| $1\frac{1}{3}$ cups sugar | $2\frac{2}{3}$ level teaspoons baking |
| 4 eggs, beaten light | powder |
| $\frac{1}{5}$ teaspoon salt | $\frac{2}{5}$ cup milk |
| 1 teaspoon lemon extract | 1 cup citron |
| Grated rind of a lemon | |

Sift the flour and baking powder together. Thinly slice the citron lengthwise, then crosswise. Cream the butter, and, beating, slowly add the sugar; beat well. Continue beating while adding the eggs a little at the time. Beat till light and very fluffy. Continue beating while adding alternately the flour and milk, then the flavoring and citron. Beat well. Bake 1 hour and 10 minutes in a moderate oven.

DEVIL CAKE:**Custard Part**

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| 3 | ounces unsweetened powdered chocolate | $\frac{2}{5}$ cup sweet milk |
| 1 | cup brown sugar | 1 egg-yolk |
| | | $\frac{1}{2}$ vanilla bean |

Mix the sugar and chocolate in the top pot of a double boiler; stirring, add milk and vanilla bean. Scald the mixture over boiling water, then beat in the egg-yolks, slightly beaten. Cook 3 minutes, then remove and beat the mixture while cooling.

Second Part

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| $\frac{1}{2}$ cup butter | 3 level teaspoons baking powder |
| 1 cup brown sugar | $\frac{1}{2}$ cup sour milk |
| 2 egg-yolks | 2 egg-whites |
| 3 cups pastry flour | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon baking soda | |

Sift the flour, baking powder and soda together. Cream the butter, and, beating, slowly add two-thirds of the sugar, beating vigorously with a slit spoon until creamy. Beat the egg-yolks until fairly thick, continue beating, and slowly add the remaining sugar; beat until light and creamy. Combine with the butter and sugar mixture, beating well. Continue beating, add the custard, then, alternately, the sour milk and flour mixture. Beat 2 minutes. Lastly, fold in the egg-whites with the salt added and beaten to a stiff-dry froth. If the vanilla bean has not been used, add a teaspoon of vanilla extract. Bake in layer tins lined with greased paper, in a rather quick, moderate oven. Spread between and upon the layers a Marshmallow Filling.

LADY BALTIMORE CAKE:

Bake a Snow or Butter White Cake I in layers. When cold, spread between with the following:

Frosting: Put in an enameled saucepan, over the fire, $\frac{1}{4}$ cup of water, turn onto center $1\frac{1}{2}$ cups of sugar; then stir until dissolved, and boil until it spins a thread, or best, to the Soft-Ball. Have ready 2 egg-whites with a dash of salt added, and beaten to a stiff-dry froth.

Continue to beat the eggs with a wire egg-beater while slowly adding the boiling sugar in a fine stream. Add $\frac{1}{2}$ cup of seeded chopped raisins, a few figs cut in small pieces, $\frac{1}{2}$ cup of chopped walnuts, and $\frac{1}{3}$ teaspoon each, of lemon juice and lemon extract.

RIBBON CAKE:

| | |
|--------------------------------------|--|
| 3 ounces or $\frac{3}{8}$ cup butter | $\frac{3}{4}$ cup milk |
| $1\frac{1}{2}$ cups sugar | $2\frac{1}{4}$ cups or 9 ounces sifted flour |
| 3 eggs | Grated rind of a lemon or orange |
| $\frac{1}{4}$ teaspoon salt | |

Mix batter as directed at "Mixing Butter Cake." Have ready three greased round layer pans and spread on two of them a little more than $\frac{2}{3}$ of the batter. In the remaining batter, mix $\frac{1}{4}$ cup each of seeded raisins and figs, chopped, then spread in the other greased layer pan. Or, leaving out the grated rind, when mixing the cake, add $\frac{1}{2}$ teaspoon of vanilla extract; then add to the remaining layer 2 tablespoons of cocoa and a few drops of vanilla instead of the chopped fruit. Bake 15 minutes in a rather quick, moderate oven; cool and spread between the layers a lemon filling, putting the cake together with the dark layer in center. Dredge over with some powdered sugar.

MOLASSES CAKE:

| | |
|--|--|
| $1\frac{1}{3}$ cups New Orleans molasses | $1\frac{1}{2}$ teaspoons cinnamon |
| $\frac{2}{3}$ cup of butter | A dash of cloves |
| $2\frac{1}{4}$ cups pastry flour | 1 teaspoon ginger |
| $1\frac{1}{2}$ teaspoons baking soda | 2 eggs, beaten light |
| $1\frac{1}{2}$ teaspoons baking powder | $\frac{1}{3}$ cup (scant) of hot water |

Re-sift, all together, the flour, baking powder, soda, and remaining dry ingredients. Slightly heat the molasses, remove from fire, and add the butter cut in bits. Stir till the butter is dissolved, then add the eggs, and beat well.

From now on, work quickly. Beating, add alternately the hot water and flour mixture, beat vigorously a few seconds and at once pour in cake tin, lined with greased paper. Bake about 40 minutes, in a rather good, moderate oven.

POTATO CAKE:

| | |
|----------------------------------|--|
| $\frac{1}{2}$ cup butter | $\frac{2}{3}$ cup unsweetened powdered chocolate |
| 1 cup sugar | $\frac{3}{4}$ cup mashed potatoes |
| 3 eggs, beaten light | 1 teaspoon vanilla |
| 1 teaspoon cinnamon | 2 cups pastry flour |
| A dash each, of clove and nutmeg | 2 level teaspoons baking powder |
| $\frac{1}{6}$ teaspoon salt | $\frac{1}{4}$ cup walnuts, cut in pieces |

Cream the butter. While beating, slowly add the sugar; beat until light; then, still beating with a slit spoon, add the beaten eggs one at a time. Beat 3 minutes after each addition of egg. Continue to beat while adding the mashed potatoes and chocolate, sift the remaining dry ingredients together, and beating vigorously, add the flour mixture and vanilla, beat 2 minutes, and bake in a moderate oven 40 minutes, in a pan lined with greased paper.

Or, using only 2 eggs, add alternately with the flour $\frac{1}{6}$ cup of milk.

LITTLE POUND CAKE:

| | |
|--------------------------------------|---------------------------------------|
| 4 ounces or $\frac{1}{2}$ cup butter | Grated rind of $\frac{1}{2}$ lemon or |
| $\frac{1}{2}$ cup sugar | 1 teaspoon of vanilla extract |
| 3 eggs | |
| 1 cup sifted flour | |

Mix as directed at "Mixing Butter Cake." Bake 15 minutes in a rather quick, moderate oven, in a greased muffin ring pan. Or, dropped from teaspoon onto blank paper, bake as "Cookies."

GRAHAM NUT CAKE:

| | |
|---|--|
| 5 egg-yolks | 1 cup walnuts |
| $1\frac{1}{2}$ cups sugar | 1 teaspoon vanilla |
| $1\frac{3}{5}$ cups graham crackers rolled fine | 5 egg-whites |
| 1 teaspoon baking powder | $\frac{1}{6}$ teaspoon salt |
| | $1\frac{1}{2}$ tablespoons melted butter |

Mix the rolled crackers with the nuts and the baking powder and force through the meat chopper. Rub the egg-yolks till thick and lemon colored. Continue to beat, adding slowly the sugar. Beat until creamy and light,

and still beating, add slowly the cracker mixture and vanilla. Add the salt to the egg-whites and beat them to a stiff-dry froth. Fold in first mixture. Bake in a rather quick moderate oven about 18 minutes, in two layer tins lined with oiled paper.

Filling: Add and beat 3 tablespoons of Hip-O-Lite Marshmallow Crème into a Butter Creamy Filling, vanilla flavored (see recipe).

If desired, use as filling a sweetened whipped cream with chopped nuts added.

BRIDE CAKE:

- | | |
|--------------------------------|--------------------------------|
| 1 cup butter | 7 egg-whites, beaten to a very |
| 1 cup finest granulated sugar | stiff-dry froth |
| 1 egg-white, beaten to a froth | 1 teaspoon vanilla extract, or |
| 2 cups pastry flour | the grated rind of a lemon |
| $\frac{1}{4}$ cup milk | and 1 teaspoon lemon ex- |
| 1 teaspoon baking powder | tract |

Sift the flour and baking powder. Cream the butter, and, beating, slowly add the sugar. Beat until very light and creamy. Add the first egg-white, and beat 5 minutes. Continue the beating while adding alternately the flour and milk, then the flavoring. Beat well for 5 minutes. Lastly fold in the beaten-stiff egg-whites. Bake 1 hour and 15 minutes in a slow, moderate oven.

Larger cakes will require longer cooking.

CHRISTMAS CAKE:

- | | |
|--------------------------------------|---|
| 2 cups or 1 pound butter | 4 to $4\frac{1}{4}$ cups sifted flour |
| $1\frac{1}{3}$ cups sugar | $\frac{2}{3}$ cup brandy or grape juice |
| 7 egg-yolks | 5 egg-whites, beaten to a stiff- |
| 2 egg-whites, well beaten, but | dry froth |
| not stiff-dry | 1 pound seeded raisins |
| 1 teaspoon cinnamon | 1 pound currants |
| $\frac{2}{3}$ teaspoon allspice | $\frac{2}{3}$ cup blanched almonds, |
| $\frac{1}{4}$ teaspoon each, nutmeg, | shredded |
| clove, and mace | $\frac{1}{2}$ pound mixed citron and can- |
| Juice and grated rind of a | died orange peel, thinly |
| lemon | shredded |

Rub the butter with a slit spoon until creamy, slowly add the sugar, and beat until light. Continue beating,

adding the egg-yolks previously beaten until fairly thick; beat vigorously while adding one at a time the first 2 egg-whites, beating 3 minutes after each addition of egg. Add the spice, lemon juice, and rind. Continue beating while adding alternately the flour and the brandy, using enough flour to obtain a thick batter; beat well. Lastly, fold in the beaten-stiff egg-whites and the prepared fruit, dusted with flour. Bake 2 hours in a slow oven in a cake pan lined with several thicknesses of greased paper.

If two loaves of this cake are made, then bake 1 hour and 20 minutes. Or, bake in a sheet pan as in the following recipe if the cake is to be served in boxes as Wedding Cake.

WEDDING CAKE:

| | |
|----------------------------|--|
| 12 ounces butter | 1 teaspoon each, allspice, cin- |
| 1 pound brown sugar | namon and mace |
| 10 egg-yolks, beaten till | $\frac{1}{3}$ teaspoon each, cloves and |
| lemon-colored | nutmeg |
| 2 egg-whites, beaten to a | 8 egg-whites, beaten stiff-dry |
| froth, but not stiff | $1\frac{1}{2}$ pounds each, seeded raisins |
| 2 lemons, juice and grated | and currants |
| rind | $\frac{1}{3}$ pound each, thinly shredded |
| $\frac{4}{5}$ cup molasses | citron, candied orange |
| 1 pound or 4 cups flour | peel, and blanched al- |
| 1 teaspoon soda | monds |

Sift the flour with the soda and spices added three times. Dredge a little of the flour over the prepared mixed fruits. With the remaining ingredients, proceed as in preceding recipe, adding the molasses to the eggs and creamed sugar mixture before beating in the flour alternately with the lemon juice. Add the fruit last of all. Bake about 2 hours in a moderate oven, and after the cake has risen to its full height, cover with a sheet of oiled blank paper. Frost with a fondant icing.

If the cake is to be served in boxes, bake in large sheet pans lined with several thicknesses of greased paper. This batter will produce an 8-pound cake.

BIRTHDAY CAKE:

| | |
|-------------------------------------|---|
| $\frac{2}{3}$ cup butter | $\frac{1}{4}$ teaspoon salt |
| $1\frac{2}{3}$ cups brown sugar | $\frac{2}{3}$ cup seeded raisins |
| 3 eggs, beaten light | $\frac{1}{2}$ cup currants |
| 1 lemon or orange rind, grated | $\frac{1}{2}$ cup walnuts, cut in small pieces |
| 3 cups or 12 ounces pastry flour | 3 tablespoons citron or orange peel, shredded |
| 3 teaspoons baking powder | 1 teaspoon of orange extract, if water is used |
| $\frac{1}{2}$ cup sherry or water | |

Sift the flour with the baking powder and salt. Cream the butter, and while beating, gradually add the sugar. Beat till creamy, and add the rind. Continue to beat, and gradually add the eggs; beat 3 minutes. Continue to beat while adding alternately the flour mixture and liquid; beat well, and add the mixed fruits sprinkled with a little of the measured flour. Bake 1 hour and 10 minutes in a moderate oven in a round cake pan lined with greased paper. Spread a Royal Frosting over unmoulded warm cake.

CHAPTER XXVII

CAKE FROSTINGS AND FILLINGS
INEXPENSIVE CAKES AND GINGER BREADS

WHEN using uncooked frosting, let the baked cake partly cool. If the cake gets cold, place it awhile in the oven to warm it a little. Spread the frosting with a flexible pallet. When using boiled frosting, it does not make much difference whether the cake is warm or cold. Nearly all French cakes are first brushed with a melted Apricot Jelly. This is allowed to cool until set, then it is spread with a French Frosting (see recipe).

Small individual cakes, such as those made of any standard cake batter, are slightly cooled and dipped in the following glaze before frosting. When glaze is dry, frost, and ornament as desired.

Glaze for Small Cakes, before Frosting: Turn $\frac{1}{2}$ cup of sugar into 3 tablespoons of water in a saucepan over the fire, stir until sugar is dissolved, and boil until it forms a soft ball when dropped in cold water and rolled between the fingers.

CONFECTIONERS' FROSTING:

Place 3 tablespoons of boiling water in a bowl, and, stirring constantly with a wooden spoon, slowly add enough sifted confectioners' sugar to obtain a paste of a smooth, even consistency. Flavor and color to suit the fancy.

FONDANT FROSTING:

Consult Index at "Fondant."

BOILED WHITE FROSTING:

| | |
|-------------------------------------|--|
| 8 ounces sugar | $\frac{1}{2}$ teaspoon vanilla or orange |
| $\frac{1}{4}$ cup water | blossom water |
| 1 or 2 egg-whites, beaten stiff-dry | |

Boil the water and sugar as directed at "Glaze for Small Cakes," or until it threads when dropped from

the spoon; then, while beating the eggs beaten stiff-dry in a bowl, slowly add the boiling syrup. Continue beating until it becomes of smooth and even consistency, then add the flavoring.

BOILED CHOCOLATE FROSTING:

Melt 2 ounces of Baker's Chocolate over hot water, and add it to a Boiled White Frosting.

EGGLESS BOILED CHOCOLATE FROSTING:

Melt 2 ounces of Baker's Chocolate over hot water. Boil 8 ounces of sugar with $\frac{1}{4}$ cup of water as directed above; then, stirring the melted chocolate, pour in the boiling syrup slowly. Flavor with $\frac{1}{2}$ teaspoon of vanilla.

PLAIN CHOCOLATE FROSTING:

Melt 2 ounces of Baker's Chocolate over hot water; then stir and add, slowly and gradually, 2 tablespoons of boiling water, about 1 cup of sifted powdered sugar, and $\frac{1}{2}$ teaspoon of vanilla. Use enough sugar to obtain a stiff batter of an even-spreading consistency. This frosting may be re-heated in hot water, if necessary to soften it for spreading upon a warm cake.

FRUIT JUICE FROSTING:

Stir into $\frac{1}{2}$ cup of warm fruit-juice, enough sifted confectioners' sugar to obtain a stiff paste which, warmed over hot water, will soften to an even-spreading consistency for frosting a warm cake.

CARAMEL FROSTING:

Put $\frac{1}{4}$ cup of sugar in a clean, small frying-pan over the fire. Cook until richly golden-browned, occasionally stirring with a wooden stick so it may caramelize evenly, lifting the pan as necessary to prevent burning. As soon as the desired color is obtained, stop the cooking by setting bottom of pan into cold water, then add 3 tablespoons of hot water and cook again until it has

formed a thick syrup. Remove from the fire, and gradually stir in enough powdered sugar to obtain a stiff paste. Set it over the fire again and stir constantly until warm and softened to an even spreading consistency, then spread over cake.

HONEY FROSTING:

Boil a cup of honey until thick, about 15 minutes. Beat 2 egg-whites to a stiff-dry froth, and continue beating while slowly adding the boiling honey. Beat until nearly cold, or to an even-spreading consistency.

FRENCH FROSTING:

Nearly all French cakes are brushed with a melted Apricot Jelly before frosting the cake, to give them a sparkling appearance, and allowed to stand until the jelly is firm. Then, with a flexible spatula, the top and sides of the cake are covered with the following frosting, flavored as desired. The cake is placed in a slow oven and let stand until dry.

Frosting: Put flavoring in a bowl, and, while stirring with a wooden spoon, gradually add enough sifted powdered sugar to obtain a stiff paste, bringing it to an even-spreading consistency by stirring in, very gradually, some of the following hot sugar syrup:

Syrup: Boil until clear $\frac{1}{3}$ cup of water with $\frac{1}{2}$ cup of sugar.

For an orange flavoring use $\frac{1}{4}$ cup of orange juice and add to sugar, when making syrup, a sugar-cube rubbed on an orange-rind. This frosting is colored with a little carmine.

For a lemon flavoring, proceed as for orange, utilizing lemon juice instead of orange, and a sugar-cube rubbed on a lemon-rind, but omit the carmine coloring. Kirsch, Maraschino, cocoa, or fruit juice may be utilized as flavoring, and with any one of them proceed as above.

**ALMOND MERINGUE PASTE FROSTING (for
Loaf Cake and Petits Fours):**

Blanch 4 ounces of almonds, wipe between towels, and dry. Chop fine or force through the nut grinder. Boil $\frac{1}{2}$ cup of water and 1 pound of sugar as directed above, or until it threads when dropped from a spoon. Beat 3 egg-whites to a stiff-dry froth. Add the almonds, then, beating, add the boiling sugar, and continue to beat until of right consistency to spread upon cake before it is cold. Bake cake in a cold oven until it has formed a soft crust. Color paste to suit the fancy.

MOCHA FROSTING:

Cream $2\frac{1}{2}$ ounces of best butter. Continue to stir, slowly adding about $1\frac{1}{2}$ cups of confectioners' sugar and 3 tablespoons of very strong coffee. The mixture should hold its shape and be of an even-spreading consistency.

ORANGE FROSTING:

Work the juice of an orange with enough powdered sugar to obtain a smooth paste of an even-spreading consistency. Color with carmine.

GELATINE FROSTING:

Soak a level teaspoon of granulated gelatine 20 minutes in a tablespoon of cold water. Dissolve it with 2 tablespoons of boiling water; then, while stirring, gradually add about $\frac{2}{3}$ cup of sifted confectioners' sugar, and $\frac{1}{2}$ teaspoon of flavoring extract. The mixture should be of a smooth, even-spreading consistency. Spread upon a cold cake before it sets, and ornament, if desired, with pastry bag and rose tube.

ROYAL FROSTING:

Royal Frosting is made by stirring or by beating. In the latter case it is used only to ornament a cake; in the former, it is spread upon a warm cake.

Put in a bowl an unbeaten chilled egg-white. Add $\frac{1}{3}$ teaspoon of lemon juice or orange blossom water, and, while stirring with a wooden spoon, slowly add about a cup of sifted confectioners' sugar or bar powdered sugar. Stir until of an even-spreading consistency, using enough sugar to obtain that result. If chocolate frosting is desired, stir in 2 or 3 tablespoons of cocoa and substitute for the above flavoring a teaspoon of vanilla extract. Spread upon a warm cake.

Ornamental Royal Frosting: Put 2 chilled egg-whites in a bowl; add a tablespoon of powdered sugar, beat well, and add another tablespoon of sugar, then beat again. Continue to add sugar and continue beating until it has become of an even-spreading consistency, occasionally adding a few drops of lemon juice as it gradually thickens, beating all the while. Spread a part of the frosting upon a warm cake. To the remaining frosting in bowl, add and beat in gradually sufficient sugar to keep its shape when forced through a pastry bag and fancy tube, by which process the cake is ornamented.

Either of the above frostings may be flavored and colored to suit the fancy.

ITALIAN, OR ORNAMENTAL MERINGUE:

Boil $8\frac{1}{2}$ ounces or a generous cup of sugar and $\frac{1}{4}$ cup of water with half a vanilla bean added as directed at "Boiling of Sugar," until it threads when dropped from a spoon. Remove bean, beat 4 egg-whites with $\frac{1}{8}$ teaspoon of salt added, to a stiff-dry froth that will bear an egg. Continue beating the egg-whites while letting the boiling sugar slowly fall on them in a thin stream. If the sugar is boiled to the right point and the beaten egg-whites kept firm, it will form a consistent mass that can be easily manipulated.

Cakes ornamented with this mixture should be set in a very slow oven until a crust is formed.

COFFEE FROSTING FOR SMALL CAKES:

Put 3 tablespoons of very strong coffee and $\frac{1}{3}$ cup of sugar in boiling water and boil 1 minute. Remove

from the fire, and gradually stir in enough confectioners' sugar to obtain a paste of even-spreading consistency. While warm, frost cake.

Recipes for Fillings

CRÊME AU BEURRE, OR BUTTER CREAMY FILLING PASTE:

| | |
|--|----------------------------|
| $\frac{2}{3}$ cup sweet or washed butter | $\frac{1}{2}$ cup sugar |
| 3 egg-yolks | $\frac{1}{2}$ vanilla bean |
| $\frac{1}{4}$ cup water | |

Cream the butter. Boil the water, with the sugar and vanilla bean added, until it threads. Beat the egg-yolks with a wire egg-beater a few seconds, and continue to beat while slowly adding the hot syrup, then remove bean and beat until cold. Continue to beat, adding the butter gradually, bit by bit. Beat vigorously 2 minutes or until very smooth.

For almond flavor, add 1 ounce of grated almond paste and 2 drops of bitter almond.

For a Chocolate Creamy Filling, add about 2 rounded tablespoons of cocoa.

For a Mocha Creamy Filling, leave out the vanilla bean and substitute for the water when making the sugar-syrup an equal amount of strong clear coffee and add to finished filling a teaspoon of coffee essence.

CREAM FILLING:

| | |
|--------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ vanilla bean, split |
| $\frac{1}{3}$ scant cup sifted flour | $1\frac{1}{3}$ cups scalded milk |
| A dash of salt | 2 egg-yolks |

If vanilla bean is not used, add a teaspoon of vanilla extract to the finished mixture.

Mix flour, sugar, salt, and vanilla bean in top pot of a double boiler, and, while stirring, slowly add the milk. Cook, stirring with a wooden spoon, in double boiler until thick and smooth, then stir in the beaten egg-yolks, and cook and stir 8 minutes. Remove, and beat while cooling. Remove bean, and beat in a tablespoon of hot melted butter.

CHOCOLATE CREAM FILLING:

Melt 2 ounces of Baker's Chocolate over hot water, then beat it into a cooked Cream Filling, as above.

Or, proceeding as directed at "Cream Filling," mix with the sugar and the flour, before adding the milk, $\frac{1}{3}$ cup of powdered unsweetened chocolate, then finish as directed. Use a trifle less flour than directed, if desired. Beat while cooling.

MOCHA CREAM FILLING:

Proceed as directed at "Cream Filling," only substitute for the milk $\frac{2}{3}$ cup of very strong, clear coffee scalded with $\frac{2}{3}$ cup of thin cream. Beat while cooling.

ALMOND OR PISTACHIO FILLING:

Pound $\frac{1}{2}$ cup of blanched almonds or pistachio nuts to a paste, and while pounding them, add a tablespoon of milk. Then, while cooling, beat this nut paste into a Cream Filling or a Butter Cream Filling.

BUTTER CREAM FILLING:

Cream $\frac{3}{4}$ cup of sweet or washed butter. Continue to beat, while adding, very gradually, any one of the above cream fillings, cold. When finished, with a wire beater beat vigorously 5 minutes.

COCOANUT FILLING:

Add a few drops of lemon juice to an egg-white in a bowl, and, stirring constantly, add enough powdered sugar to obtain a paste of even-spreading consistency, adding a handful of shredded cocoanut and $\frac{1}{2}$ teaspoon of lemon extract. Spread upon a warm cake, and dredge with cocoanut.

PLAIN CREAM FILLING, OR CRÈME CHANTILLY:

Beat a cup of chilled cream in a chilled bowl, and set in cracked ice until dry to bottom of bowl. Drain on a

strainer, remove to the bowl, and with a wooden spoon gently mix in $\frac{1}{2}$ cup of sifted powdered sugar and a few drops of vanilla, unless vanilla-flavored sugar has already been used. (See, "How to Flavor with Economy.") If desired, to make it more bulky, add an egg-white beaten stiff-dry.

FOAMY CREAM FILLING, OR CRÊMES MOUSSEUSES:

Used for filling of small cakes and Petits-Fours.

| | |
|--|----------------------------|
| $\frac{1}{2}$ cup sweet or washed butter | $\frac{1}{2}$ cup sugar |
| 4 egg-yolks | $\frac{1}{2}$ vanilla bean |
| $\frac{1}{4}$ cup water | |

With the above ingredients proceed as directed at "Crème au Beurre, or Butter Creamy Filling Paste." This will give a Vanilla Crème Mousseuse.

For a Lemon Crème Mousseuse substitute for the vanilla bean the rind of a lemon, when making the syrup, and add to the finished syrup a teaspoon of lemon juice and a few drops of lemon extract.

For an Orange Crème Mousseuse substitute orange-rind for lemon and flavor with a tablespoon of orange juice and $\frac{1}{2}$ teaspoon orange blossom water or extract.

For a Pineapple Crème Mousseuse, substitute for the vanilla sugar syrup a syrup made as follows: To $\frac{1}{2}$ cup of the liquor of drained canned pineapples, add $\frac{1}{3}$ cup of sugar and boil as above until sticky, when tried between the fingers. Add a teaspoon of pineapple extract or lemon juice. If the filling is not to be forced through a pastry bag and star tube to ornament a cake, add some thinly chopped pineapple; otherwise dredge over the ornamented cake some very thinly chopped pineapple or candied pineapple.

For liquor Crèmes Mousseuses, add to the syrup 1 or 2 tablespoons of any one of the following liquors: Maraschino, Kirsch or Curacao, etc.

MOCHA FOAMY CREAM FILLING:

Wash six ounces of butter as directed at "How to Wash Butter, etc." When perfectly dry, rub until

creamy. Boil $\frac{1}{4}$ cup of water with 1 cup of sugar until a little of it, tried in cold water, may be rolled into a soft ball, then add 2 tablespoons of coffee extract, or $\frac{1}{4}$ cup of strong coffee, and boil again until it threads when dropped from a spoon. Beat 3 egg-whites with $\frac{1}{3}$ teaspoon of salt to a stiff-dry froth that will bear an egg. Continue beating and add the boiling sugar. Beat until just lukewarm, continue beating, and add the creamed butter bit by bit, then beat vigorously until thoroughly cooled.

MARSHMALLOW FILLING:

| | |
|----------------------------|--------------------------------|
| 1 $\frac{1}{2}$ cups sugar | 12 marshmallows, cut in pieces |
| $\frac{1}{4}$ cup water | 2 egg-whites |
| 2 drops lemon juice | $\frac{1}{6}$ teaspoon salt |

Boil the water, sugar, and lemon juice until it will spin a thread when dropped from spoon. Add the marshmallow, and stir until dissolved and boiling. Add salt to the egg-whites, beat to a stiff-dry froth that will bear an egg, continue beating, and add the boiling sugar mixture. Beat with a wire egg-beater until lukewarm, then spread on cake layers.

ORANGE OR LEMON CREAM FILLING:

Cream $\frac{3}{4}$ of a cup or 6 ounces of sweet or washed butter, adding the grated rind of $\frac{1}{2}$ orange. Continue to beat while adding alternately some sifted powdered sugar and 3 tablespoons of strained orange juice. Use just enough sugar to make stiff enough to spread. If the orange is sweet add a little lemon juice.

For a Lemon Cream Filling substitute lemon for orange-rind and juice.

LEMON FILLING, I:

Proceed as for "Lemon Whip."

LEMON FILLING, II:

Mix a scant cup of sugar with a heaping tablespoon of sifted flour in a small saucepan. Add the grated

rind of a lemon and $\frac{1}{3}$ cup of lemon juice, and a slightly-beaten egg. Set over a slow fire and beat with a small wire egg-beater until thick and smooth. Beat while cooling, adding a tablespoon of hot melted butter.

ORANGE FILLING:

Same as preceding, using the grated rind and juice of a small orange, and 1 tablespoon of lemon juice. Color with a little carmine.

MAPLE FILLING:

Boil a cup of maple syrup with $\frac{1}{3}$ cup sugar until a little of it, tried in cold water, may be rolled into a soft ball. Add a dash of salt to 2 egg-whites in a bowl, and beat them to a stiff-dry froth that can bear an egg. Continue beating while adding the hot syrup, beating until nearly cooled.

APPLE FILLING:

Make as directed at "Apple Whip." If desired, combine with a little whipped cream sweetened to the taste with powdered sugar and flavored with a few drops of lemon juice.

FIG FILLING:

Thinly chop some fresh figs and mix in enough sifted bar sugar to sweeten to taste. Flavor with a little cinnamon or a few drops of lemon juice.

Or, add to a boiling syrup made of $\frac{1}{4}$ cup, each, of water and sugar, $\frac{3}{4}$ pound of dried figs forced through the meat chopper. Cook and stir in the double boiler until of an even-spreading consistency, then cool.

GELATINE CREAMY FILLING:

Scald $\frac{4}{5}$ pint of milk. In a saucepan put $\frac{1}{2}$ cup sugar, a dash of salt, 3 egg-yolks, and, while stirring in the double boiler, gradually add the milk. Cook

until it slightly masks the spoon, without boiling. Remove and beat in a level tablespoon of granulated gelatine that has soaked 20 minutes in $\frac{1}{4}$ cup of cold water and has been dissolved over hot water. Strain, adding a teaspoon of flavoring. Cool and as it begins to thicken set it in icewater, and beat till firm enough to hold its shape. Spread at once on cake layers.

PINEAPPLE FILLING:

In the top pot of a double boiler put $\frac{1}{2}$ cup of sugar and 1 tablespoon of cornstarch. Mix thoroughly, and stirring, add $\frac{2}{3}$ cup of pineapple liquor drained out of a can of pineapple, and a slightly-beaten egg. Constantly beating with a small wire egg-beater, cook 12 minutes, then add about a cup of pineapple cut into small dice. Cook a few minutes, and remove from the fire, then stir in gently a tablespoon of hot melted butter.

Inexpensive Cakes and Ginger Breads

ONE-EGG BUTTER CAKE:

| | |
|---|---|
| $\frac{1}{4}$ cup butter | 3 level teaspoons baking powder |
| $\frac{1}{2}$ cup sugar | |
| 1 egg with a dash of salt, beaten light | $\frac{1}{2}$ teaspoon vanilla, or the grated rind of lemon or orange |
| $\frac{1}{2}$ cup milk | |
| $1\frac{1}{2}$ cups sifted flour | |

Rub the butter until creamy, continue beating, and add the sugar very slowly. Beat until creamy and light, and, beating, add the egg. Beat well while adding alternately the liquid and the flour sifted with the baking powder. Beat 3 minutes, adding the flavoring. Bake 30 minutes in a moderate oven.

SPICE CAKE:

| | |
|--|---|
| $\frac{3}{4}$ cup sour thick cream | $1\frac{1}{2}$ teaspoons cinnamon |
| $\frac{3}{4}$ cup sifted brown sugar | 1 teaspoon allspice |
| $2\frac{5}{8}$ cups or $10\frac{1}{2}$ ounces pastry flour | A dash each, nutmeg and clove |
| 1 level teaspoon soda | $1\frac{1}{2}$ cups seeded raisins, chopped |

Mix the chopped fruit with a little flour, sift the flour and baking soda several times, or, for a lighter

mixture, sift with the flour a teaspoon of baking powder.

While beating the cream constantly with a wire egg-beater, very gradually add the sugar, molasses, and spice, then the flour. Beat well, and add the prepared fruit. Arrange in a cake pan lined with oiled paper, and bake at once in a moderate oven 1 hour. When partly cooled, spread over with a Confectioners' or Royal Frosting.

INEXPENSIVE WEDDING CAKE:

- | | |
|---|---|
| 1½ cups molasses | 1¼ teaspoons cinnamon |
| ¾ cup butter, cut into bits | ⅛ teaspoon each, nutmeg and clove |
| 1 lemon or orange, grated rind only | 1½ pounds mixed currants, seeded raisins, figs, cut in pieces, and sliced dates |
| 3¾ cups or 15 ounces sifted flour | ¾ cup shredded mixed citron and candied orange peel |
| 1½ teaspoons each, baking powder, baking soda, and allspice | |

Sift together several times the flour, baking powder, and soda, and the spice, cinnamon, nutmeg, and clove. Dredge over the fruit ⅓ cup of flour, and mix. Put the butter in a bowl, and, stirring, add the heated molasses. Stir constantly until melted, adding the lemon rind and juice, and, beating, add the flour mixture, then add the prepared fruit. Arrange in a cake pan lined with oiled paper, and bake at once 1 hour and 40 minutes, in a moderate oven. As soon as the cake has risen its full height, cover with an oiled paper.

SOFT GINGER BREAD (EGGLESS):

- | | |
|---|---|
| 1 cup New Orleans molasses | 1½ cups sifted flour |
| 1 tablespoon melted butter | 1 teaspoon baking soda |
| ¼ teaspoon salt | Additional sifted flour as needed to obtain a very thick batter |
| 1¼ teaspoons ginger | |
| ⅓ teaspoon each, nutmeg, clove and allspice | |

Sift the first portion of flour with the baking soda. Stir the salt and spice into the molasses, beat in the sifted flour mixture, and add enough extra sifted flour to obtain a very thick batter or dough, just too soft to roll out. Bake in greased pan lined with oiled paper, in a moderate oven nearly 40 minutes or until done.

SOFT GINGER BREAD, I: *

- | | |
|----------------|---------------------|
| 1 cup dripping | 1 cup sugar |
| 1 cup molasses | 1 cup boiling water |

Pour the boiling water over the first three ingredients, stir, and let stand until cold; then add the following:

- | | |
|------------------------|------------------------|
| 2 eggs, beaten light | 1 tablespoon ginger |
| 4½ cups sifted flour | 2 tablespoons cinnamon |
| 1 teaspoon baking soda | ½ tablespoon cloves |
| 1 teaspoon salt | |

Bake in a shallow greased pan or in muffin rings.

SOFT GINGER BREAD, II:

- | | |
|-----------------------|--------------------------|
| 1 cup molasses | 2 cups pastry flour |
| ⅓ cup butter, in bits | 1 teaspoon soda |
| 2 eggs | 1 teaspoon baking powder |
| ¼ teaspoon salt | 1 teaspoon cinnamon |
| ⅓ cup water | 1½ tablespoons ginger |

Sift the dry ingredients together several times. Slightly heat the molasses, stir in the butter until melted and thoroughly incorporated, then remove from the fire. Beat the eggs until very light, and continue to beat while adding the water, molasses and flour mixture. Beat well, work quickly, and pour at once into a greased cake tin. Bake 35 minutes in a moderate oven.

* This recipe, published by Mrs. Davenport of the College of Agriculture, Food Conservation, has the advantage of allowing the baking of small cakes as desired, and then setting aside the remaining cake batter for baking at some other time, as the mixture will keep several weeks.

CHAPTER XXVIII

CAKES RAISED BY YEAST

SAVARIN:

| | |
|---|----------------|
| 1 pound sifted pastry flour | 4 ounces sugar |
| 1 $\frac{1}{3}$ cakes Fleischmann's Yeast | 5 eggs |
| $\frac{1}{2}$ pound butter | Lukewarm milk |
| 1 teaspoon salt | |

Wash, then pat the butter between napkins until freed of moisture and supple. Sift the flour in a bowl. Dilute the yeast in a little lukewarm milk. Work the yeast, a cup of the sifted measured flour, and enough lukewarm milk to obtain a medium stiff ball of dough, which drop into lukewarm water to cover, and let stand until light and risen, taking care to keep the water at an even, lukewarm temperature. Cream the butter. Make a depression in center of the remaining flour, in which put the salt, butter, and eggs. Work all these ingredients thoroughly together, beating with both hands, while occasionally lifting the mixture; then add the risen sponge and, if needed, a little lukewarm milk to obtain a soft dough, adding the sugar last. Work and knead the dough until it breaks loose from the hands; it should then be smooth and quite soft, and will have been worked long enough. Let the covered dough rise until light, in a moderately warm place. Toss it on a board sparingly dusted with flour, roll it down in a thick layer, and fold and pat. Have ready a buttered Savarin crown mold dusted with flour, and dredged with thinly shredded almonds. Mold in the dough to half fill the mold, cover, and set it aside to rise to top of mold's height; then bake in a quick moderate oven. Let cake cool 15 minutes, then baste it with the following syrup: Boil, for 3 minutes, $\frac{1}{5}$ cup of water with $\frac{3}{4}$ cup of sugar. Remove, and add 2 tablespoons of Kirsch, rum, Maraschino, or brandy.

BABA:

Proceed same as for Savarin, except add to the dough $\frac{3}{4}$ cup of picked-over currants, or half currants and half Sun Maid Seedless Raisins, just before setting the dough to rise in bowl; also, the mold in which it is baked is buttered and simply dusted with flour. After the cake has been allowed to cool 15 minutes, baste with the following syrup: Boil for a minute $\frac{3}{4}$ cup of sugar with 3 tablespoons of clear, strong tea. Remove from the fire, and add 2 tablespoons of rum.

ENGLISH BUNS, WITH OR WITHOUT CURRANTS:

| | |
|---|--|
| 1 pound sifted pastry flour | 3 eggs |
| 1 cake fresh Fleischmann's Yeast | Lukewarm milk to obtain a medium-stiff dough |
| $3\frac{1}{4}$ ounces or $\frac{2}{5}$ cup sugar | $\frac{1}{3}$ cup picked currants (optional) |
| $3\frac{1}{4}$ ounces or $\frac{2}{5}$ cup butter | |
| $\frac{1}{2}$ teaspoon salt | |

Proceed same as for Savarin, only the dough should not be so soft. The ingredients given will make 18 buns. If currants are used, add them to the dough after its first rising, roll the dough out thick, and fold and pat, then divide the dough into balls of even size, rolling them on the floured board. Arrange in a baking pan polished with oil and set, covered, in a moderately warm place to rise. Brush with a beaten egg and bake in a hot oven about 16 minutes.

TEA CROWN, I:

Work $\frac{1}{3}$ cup of picked currants into a risen dough as directed in preceding recipe, knead the dough, fold and pat, shape into a ball, flatten a little, and make an opening in center large enough to set in it an inverted bowl, at the same time rolling the dough in crown shape. Arrange in a baking pan polished with oil and set it, covered, in a moderately warm place to rise, to nearly twice its size. Wash with a beaten egg. At option dredge over some shredded blanched almonds; then, using a knife first dipped in flour, cut an inch deep into edge of the

dough, leaving about 3 inches of space between the cuts. Bake in a rather hot, moderate oven, about 25 to 35 minutes, according to thickness.

TEA CROWN, II:

| | |
|--|----------------------------------|
| 1 $\frac{1}{4}$ cups scalded milk | 1 well beaten egg |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cake Fleischmann's Yeast | $\frac{1}{2}$ teaspoon flavoring |
| $\frac{1}{5}$ cup melted butter | Pastry flour |

Dissolve the yeast in $\frac{1}{4}$ cup of lukewarm milk. Let stand until the top is full of bubbles, then beat in a scant fourth-cup of sifted flour and a little sugar. Set in a moderately warm place to rise until light. Add the remaining lukewarm milk, and, beating vigorously with the hands, add sufficient sifted flour to obtain a rather soft dough; beat well, and set, covered, in a moderately warm place to rise until light. Add the remaining ingredients, scrape sides of pan, and, while beating vigorously, add enough sifted flour to obtain a medium stiff smooth dough. Knead and work it thoroughly until it easily breaks off from hands, then set aside, covered, until risen. Roll it out thin on a board very sparingly dusted with flour, brush with a little melted butter, and dredge over some very thinly chopped and mixed almonds and citron or candied orange peel. Roll as for Roly Poly. Join the moistened ends to form a crown, arrange in a baking pan shined with oil, and let rise. Shape and bake as directed in preceding recipe.

PARISIAN BRIOCHE (Individual Head Brioche):

| | |
|----------------------------------|---|
| 1 pound sifted pastry flour | $\frac{1}{6}$ cup powdered sugar |
| 1 cake fresh Fleischmann's Yeast | 7 or 8 eggs |
| Lukewarm milk | $\frac{3}{4}$ pound butter, washed, and patted between napkins till freed of moisture |
| 1 teaspoon salt | |

Rub the butter until creamy; work the dissolved yeast, a cup of the measured flour, and enough lukewarm milk to obtain a medium stiff ball of dough. Cover with a napkin and let stand in a moderately warm place until light. In the remaining flour make a depression, in which

put the salt, sugar, and 4 eggs. Using the hands, beat the eggs gradually into the flour, incorporating as much air as possible. Continue beating, and add the remaining eggs, beating them gradually into the flour, the beating hands kept half open in cup shape so as to beat in as much air as possible. Beat vigorously, occasionally lifting the whole mass, at the same time beating with the hands. Work and beat it a long time or until the paste has attained sufficient consistency or body; then work in the butter, and work again until the paste breaks off loose from the hands. When it has lost its thickness, mix the risen sponge into it.

Dust a bowl with flour, arrange in the dough, cover with a napkin, set to rise in a moderately warm place, and let stand about 4 hours or until it has risen to about double its size. Toss the dough onto a slightly floured board, roll out thick, and fold and pat, then return it into floured bowl, cover with a napkin, and set in a cold, dry place to harden, until next day. In summer it should be set in the refrigerator. Toss the hardened dough onto a board slightly dusted with flour, roll out thick, and fold and pat. Handle it quickly and gently, as it softens as it becomes warm. Shape into even balls the size of a small apple, slightly flatten the tops, and on top center of each make with a sharp-pointed knife an opening in which press a small, long, pear-shaped ball the size of a large cherry, moistening the extremities so it will adhere. Arrange them in buttered brioche molds and cover. Set it in a moderately warm place to rise to top of mold. Brush top with a beaten egg, then, using sharp scissors, make on top three sharp incisions around the inserted ball. Bake in hot oven as for biscuits, at about 425° F., 14 to 16 minutes, according to size. Serve fresh or warm. One pound of risen Brioche Paste arranged in same shape as above in a Brioche mold will require 30 minutes' baking in an oven not quite so hot as above.

CHAPTER XXIX

FANCY FRENCH CAKES, MERINGUE,
AND PETITS-FOURS

CREAM PUFF CAKE:

| | |
|---|---|
| 1 cup milk (rather scant measure) | $\frac{1}{2}$ teaspoon salt |
| $3\frac{1}{3}$ ounces or $\frac{2}{5}$ cup butter | 1 cup (rather generous meas- ure) sifted flour |
| 1 teaspoon sugar | 4 eggs |

Turn the butter into water and boil until dissolved, adding the sugar and salt; then, beating vigorously with a wire egg-beater, turn in all the flour. Stir bottom constantly with a wooden spatula, and cook about 3 minutes over a moderate fire until it has become a smooth, thick paste that leaves the sides of pan. Remove from fire, turn in a bowl, let stand 3 minutes, then, using a slit spoon, beat in 1 unbeaten egg. Beat vigorously for a minute, then add another egg, and beat another minute, and if the paste is sufficiently cooled, with the hands beat in the remaining eggs, one by one, beating thoroughly after each addition. The finished paste should hold its shape.

Drop from tip of a tablespoon, on a baking-pan shined with oil or on oiled paper in pan, balls the size of a large walnut, 2 or 3 inches apart from each other. Bake in a rather slow moderate oven from 30 to 40 minutes. Do not remove before they are thoroughly cooked; test, by trying one cake, and if it collapses when removed it requires more baking. When cold, fill with any one of the Cream Fillings.

CREAM PUFF À LA CHANTILLY:

Fill cold Cream Puff with sweetened whipped cream, vanilla flavored.

ECLAIRS:

Have ready a Cream Puff Cake mixture. Using a pastry bag and circular tube of about $\frac{1}{3}$ inch diameter,

force the mixture upon an oiled paper in a baking-pan in sections about 5 inches long and $\frac{3}{4}$ inch wide. Bake as directed at "Cream Puff Cake," in a rather slow, moderate oven until thoroughly cooked, or nearly 30 minutes. When cold, make an incision lengthwise on one side of each cake and fill with any of the Cream Fillings or Butter Cream Filling. Frost the top with an Eggless Boiled Chocolate Frosting, dipping tops of eclairs in the frosting while it is hot.

Or, fill eclairs with a Mocha Cream Filling or a Butter Cream Filling flavored with coffee, and frost with a Coffee Frosting for Small Cakes.

MOUSSELINE CAKE:

| | |
|--|---|
| 8 egg-yolks | 4 ounces sifted pastry flour |
| $9\frac{1}{2}$ ounces sifted bar or pulverized sugar | 4 ounces potato flour re-sifted with the pastry flour |
| A dash of powdered vanilla bean | $\frac{1}{2}$ cup or 4 ounces melted butter |
| 1 egg, beaten light | 6 egg-whites, beaten stiff-dry |

Beat the yolks until thick and lemon-colored; continue to beat while adding the beaten egg and, very slowly, the sugar. Beat until light and fluffy, adding the vanilla. Continue beating while adding the flour and the melted butter. Beat well. Lastly, fold in the egg-whites. Arrange the batter in a round cake-pan, buttered and dusted with flour. Bake in a moderate oven about 50 minutes or until done.

Lacking powdered vanilla, use vanilla flavored sugar (see, "How to Flavor with Economy"), or, add to finished cake mixture $\frac{1}{2}$ teaspoon of vanilla extract.

GENOESE CAKE:

| | |
|----------------------------------|--|
| 4 eggs | 1 cup sifted pastry flour |
| 4 ounces sifted pulverized sugar | 2 ounces or $\frac{1}{4}$ cup melted butter, hot |
| A dash of vanilla powder | |

In mixing this batter, use a copper or aluminum basin used for beating eggs. Put in the basin 2 eggs, the sugar, and the vanilla powder, and set on top of range on a very slow spot. Beat vigorously for a minute, add another egg, beat another minute, then add the remain-

ing egg and beat vigorously until thoroughly warm, then take off the range and continue beating until cold. Put in the flour and mix it lightly. Add the butter, and if vanilla powder is not used add a few drops of vanilla extract. Bake in layers in oiled flat tin cake molds, in a quick moderate oven 12 minutes or until done, or, a thick cake 40 minutes in a moderate oven, and cut into layers with a sharp thin knife.

SAVOY CAKE:

Proceed as directed at "Sponge Cake, I."

MOCHA CAKE:

Bake as directed at recipe, either a Savoy, Genoese, or Sponge Cake I. When cold, split the cake, and spread between the layers and over top layer a Mocha Cream Filling or with this filling make a Butter Cream Filling as directed at that recipe. Or, use a Mocha Foamy Cream Filling.

THE GODS' FOOD CAKE:

| | |
|---|--|
| 4 ounces or $\frac{1}{2}$ cup butter | 5 eggs |
| $9\frac{3}{5}$ ounces or $1\frac{1}{5}$ cups of finest granulated sugar | 1 tablespoon curacao or orange blossom water |
| 1 cup or 8 ounces very thinly chopped blanched almonds | $2\frac{3}{5}$ ounces or $\frac{5}{8}$ cup sifted pastry flour |
| Grated rind of an orange | |

Cream the butter, continue beating, and slowly add the sugar. Beat until very creamy. Add the eggs one at a time and beat vigorously 4 minutes after each addition. When light and fluffy, beating continuously, add the rind and the almonds, then the flavoring and the flour. Beat well. Butter a round cake-pan, place at bottom a sheet of buttered paper, and dust with flour, then arrange the mixture in the pan with a slight depression in center, and bake in a moderate oven 40 minutes. Glaze and frost the cake as directed at "French Frosting," using curacao or orange juice as flavoring.

PISTACHIO AND ALMOND CAKE:

- | | |
|--|--|
| 4 ounces or $\frac{1}{2}$ cup melted butter | 4 ounces very thinly chopped blanched almonds |
| $1\frac{1}{5}$ cups or $9\frac{3}{5}$ ounces finest granulated sugar | 1 teaspoon vanilla |
| 5 eggs | $\frac{5}{8}$ cup or $2\frac{3}{5}$ ounces sifted pastry flour |
| 4 ounces very thinly chopped pistachioes | |

Same process as preceding recipe. Glaze cake as directed, with a French Frosting flavored with vanilla, then dredge over some chopped almonds and pistachioes.

ST. HONORÉ:

Roll out some Sugar Paste or Lining Paste II $\frac{1}{6}$ inch thick, cut out a circle of about 8 inches in diameter, and arrange in a baking-pan polished with oil. Wet the border near edge, then, using a pastry bag and a tube of about $\frac{1}{2}$ inch in diameter, force around the border a ring of Cream Puff Cake mixture, having the ring $\frac{1}{4}$ inch from border. Force upon another oiled baking-pan some more Cream Puff Cake paste, to obtain about 14 small cakes. Brush the border and the small cakes with a beaten egg, and bake in a rather slow, moderate oven, the ringed cake about 40 minutes and the small ones about 35 minutes or until done.

When done remove the ringed cake on a dish. Have ready a hot sugar syrup cooked as directed at "Boiling of Sugar to the Crack." Dip the sides of the small cakes one by one in the hot syrup, and arrange them in crown shape upon the border so they adhere both to the border and to each other. Prepare a Cream Filling or a Butter Cream Filling as directed at recipe, gently fold in two egg-whites beaten to a stiff-dry froth, arrange the filling in middle of cake, and set on each small cake a candied cherry. If desired, substitute for the above cream fillings any one of the Chocolate or Mocha Fillings.

CORNET À LA CRÈME:

Roll out some chilled Puff Paste to $\frac{1}{6}$ inch thickness, and cut it into strips $\frac{2}{3}$ inch wide and 10 inches long. Mold each strip into spiral shape around and on a special

cornet mold. Brush top only with a beaten egg without touching the side, and dredge with some finely chopped almonds and granulated sugar; chill. Bake in a hot oven about 15 or 20 minutes, or until crust is done, then carefully remove the mold. Fill, when cold, with a whipped cream sweetened and flavored to the taste, or with a Cream Filling prepared as in preceding recipe.

PITHIVIER CAKE:

Roll out chilled Puff Paste $\frac{1}{8}$ of an inch thick, cut out 2 circles to fit into 2 round tins of same diameter; or cut into small rectangular strips 4 inches long and $2\frac{1}{2}$ inches wide. Arrange in a baking-pan, and chill 20 minutes; then bake in a hot oven as directed at "How to Bake Pastry," until done, about 14 minutes. Spread between strips, and put together in pairs, a Cream Filling or a Foamy Cream Filling in which you have mixed some very thinly chopped almonds. To give a sparkling appearance, brush the top with a hot melted Apricot or Currant Jelly; or frost with a Confectioners' Frosting.

FLAN MERINGUÉ:

Line a mocha mold with Lining Paste II, sweetened with a little sugar as there directed; prick the bottom, and fill center with an oiled blank paper holding beans or cornmeal. Bake about 18 minutes, remove beans and bag, and unmold. Arrange in mold any one of the Cream Fillings, cold, and spread upon and ornament top with an Italian Ornamental Meringue (see, "Frosting"). Bake in a slow oven until a crust has been formed, without allowing it to color in the least. Cool, and spread over a little melted Apricot or Currant Jelly.

THE "HAWAIIAN" (Petits-Fours):

| | |
|---------------------------------------|---|
| 2 egg-whites | $3\frac{1}{4}$ ounces blanched almonds, |
| $\frac{1}{8}$ teaspoon salt | very thinly chopped or |
| $3\frac{1}{4}$ ounces sifted powdered | powdered |
| sugar | |

Mix the sugar and almonds together. Beat the egg-whites with the salt added to a dry-stiff froth that will

bear an egg. Using a wooden spoon, gently mix in the almond-sugar mixture. Upon baking-pan polished with oil and dusted with flour, drop from tip of a spoon in small round flat cakes; dredge over them some mixed powdered sugar and chopped almonds, and bake in a quick moderate oven about 6 minutes. Then, using a flexible spatula, detach the cakes from the pan, and cool. When cold, decorate center of top of each cake by forcing through a pastry bag and medium round tube a Foamy Cream Filling flavored with pineapple extract. Set on top center a candied cherry, and arrange around it two thin slices of pineapple cut into crescent shape, and two slices of angelica cut into same shape.

FOAMY PETITS-FOURS:

Cream $3\frac{3}{4}$ ounces or $\frac{4}{9}$ cup of butter. Continue to beat, and add gradually 4 ounces of bar pulverized sugar, vanilla flavored (see, "How to Flavor with Economy"). Beat till light and creamy. Continue to beat, and add $\frac{1}{4}$ cup of grilled hazelnuts, pounded to a powder. Still beating, add first, 2 beaten egg-yolks, then, one at the time, 2 whole eggs, medium sized. Beat 5 minutes, then add and mix in $1\frac{1}{4}$ cups of sifted flour. Pour into small cylindrical timbale molds, or gem pan, buttered and dusted with flour, until $\frac{2}{3}$ full, and bake 18 or 20 minutes in a rather quick oven or till done. When cool, pick each cake with a small pointed knife and roll the side only in a warm Boiled Chocolate Frosting; then gently roll in chopped almonds. When dry, take a round cutter smaller than top of cake and gently force the cutter into cake to about half of its height, then remove center to form a cup. Moisten inside with a "30° Sugar Syrup" flavored with rum, or, lacking this, use Pistachio Extract. Fill each cake with a Foamy Cream Filling, in dome shape above border, and decorate dome with pistachio nuts cut in half lengthwise.

SUGAR PASTE:

| | |
|---|-------------------------------------|
| 8 ounces or 2 cups sifted pastry flour | 4 ounces sifted bar sugar, powdered |
| 4 ounces or $\frac{1}{2}$ cup best butter | 2 eggs |

Sift the flour in a bowl. In a depression in center put in the butter, sugar, and eggs, work and knead these together thoroughly to obtain a stiff dough, wrap in a cloth, and let stand in a cold dry place 2 hours.

SUGAR PASTE PETITS-FOURS:

Roll out to $\frac{1}{4}$ inch thick some Sugar Paste made as in preceding recipe, line some small fancy cake tins with it, and bake in a moderate oven 14 to 15 minutes. Fill with fruit jelly or with canned fruits drained of their juice, or with any one of the Cream Fillings, candied fruits, etc.

Or, cover with whipped cream sweetened and flavored to suit the taste. Or with a Meringue, dusting with powdered sugar, and bake in a slack oven until very slightly amber-colored.

ALMOND DRY PETITS-FOURS:

8 ounces blanched almonds, perfectly dry and coarsely chopped
8 ounces of sifted powdered sugar, vanilla flavored
4 egg-whites

If lacking the vanilla-flavored sugar (see "How to Flavor with Economy"), use a teaspoon of grated rind of lemon or orange, or add a tablespoon of powdered cocoa or $\frac{1}{2}$ teaspoon of powdered cinnamon. While pounding the almonds in a mortar, to a fine paste, add little by little the unbeaten egg-whites; then gradually add the sugar. Color to suit the fancy. Put into tartlet tins, oiled and dusted with flour, and bake in a moderate oven about 20 minutes.

LANGUE DE CHAT:

| | |
|---|---------------------------------------|
| 4 ounces butter or $\frac{1}{2}$ cup thick cream | 4 egg-whites, beaten stiff-dry |
| 4 ounces sifted fine bar sugar | 4 ounces or 1 cup sifted pastry flour |
| $\frac{1}{2}$ teaspoon vanilla, or better, vanilla flavored sugar | |

Cream the butter, continue to beat, and add the sugar very slowly. Beat till very creamy and light. Beat in the flour, and lastly, fold in the egg-whites. With a pastry bag and small tube, force out upon a buttered

pan dusted with flour some small cakes the shape and size of small lady fingers. Bake in a rather good, moderate oven about 6 minutes. Remove from pan as soon as baked, as they are very fragile and fondant like.

ENGLISH TEA PETITS-FOURS:

| | |
|-------------------------------|--|
| 8 ounces or 2 cups sifted | 9 $\frac{3}{5}$ ounces sifted powdered |
| pastry flour | sugar |
| 6 $\frac{1}{2}$ ounces butter | Grated rind of half a lemon |
| 4 ounces blanched almonds, | 2 eggs |
| thinly chopped | |

Work all the ingredients together, as directed at "Sugar Paste." Let stand in a cold place 2 hours. Divide the paste into small oval balls the size of small biscuits, and with a small rolling-pin flatten top of each a little in the center. Arrange in buttered baking-pan, brush with a beaten egg, and with a pointed knife make on center of top of each an incision lengthwise. Bake in a hot oven as for biscuit. They will spread in baking.

NEAPOLITAN CAKE:

| | |
|--|----------------------------------|
| 8 ounces or 2 cups sifted | 2 eggs |
| pastry flour | 4 ounces blanched almonds, |
| 4 $\frac{1}{2}$ ounces sifted bar powdered | thinly chopped |
| sugar | 3 bitter almonds, thinly chopped |
| 4 $\frac{1}{2}$ ounces best butter | |

Make a depression in the flour, and put in the other ingredients; work and knead thoroughly to obtain a stiff dough. Wrap in a napkin and let stand 2 hours in a cold, dry place. Roll out the paste to $\frac{1}{8}$ inch thick; then, using a plain round cutter of 5 or 6 inches in diameter, cut out circles. Reserve 2 whole circles, and with a smaller round cutter of about 2 or 3 inches in diameter, cut out center of remaining circles. Arrange all the circles in a pan polished with oil and dusted with flour, and bake about 13 minutes in a rather moderate oven. When cooled, brush top of a whole circle with hot melted Apricot Jelly, then put all the ring-circles together over the first whole circle, and spread between them hot Apricot Jelly. Put the remaining whole circle on the top, then, using a sharp knife, trim the edge into

an even shape and brush all over with melted Apricot Jelly. When dry, glaze with a French Frosting flavored with vanilla, and ornament top with fancy cut pieces of angelica and candied fruits.

With the remaining dough cookies can be made.

MERINGUE:

When making a meringue without boiling sugar it is desirable to use sifted icing sugar or pure powdered sugar such as bar sugar, although other sifted fine sugar may do. As the addition of any liquid is undesirable in these mixtures, it is best to use a sugar flavored with vanilla or with dried rind of a lemon or orange. (See "How to Flavor with Economy.")

Beat the egg-whites as directed at "To Beat Egg-whites to a Stiff-dry Froth," then, using a good rounded tablespoon of sifted powdered sugar to each egg-white, continue to beat the eggs with a wire egg-beater while adding gradually all the sugar, or beat in say $\frac{2}{3}$ of the sugar, then gently mix in the remaining sugar. Spread upon a partly cooled mixture, and ornament it if desired. Dredge over some powdered sugar and bake in a slack oven to a delicate amber color.

For Boiled Sugar Meringue, see "Italian, or Ornamental Meringue."

KISSES WITH BOILED SUGAR:

6 $\frac{3}{4}$ ounces or a scant $\frac{7}{8}$ cup
of sugar
 $\frac{1}{4}$ cup water

A piece of vanilla or the
rind of $\frac{1}{2}$ lemon or orange
3 egg-whites, beaten very stiff

Add the bean or rind to the water and sugar and boil until it threads or until thick and sticky when tried on a saucer. Then at once remove bean or rind and pour boiling hot over the egg-whites and beat until cooled, placing bowl in cold water. Shape small cakes with a spoon or pastry bag and fancy tube on a pan polished with oil and dusted with flour. Let stand 25 minutes to dry, then bake in nearly cold oven from 50 to 60 minutes to dry and form a crust. Remove and let stand until cool. Warm them a little before detaching them.

KISSES WITH DRY SUGAR:

For 3 egg-whites use $\frac{3}{4}$ cup of finest granulated sugar or a scant cup of sifted powdered sugar. To the egg-whites in a beating bowl add a split piece of vanilla bean and set it 4 hours in the refrigerator. Remove the bean, add to the eggs a good dash of salt and beat them stiff. Continue to beat, add gradually $\frac{2}{3}$ of the sugar, and beat until paste will hold its shape, then fold in the remaining sugar. With a pastry bag and tube shape balls of the desired size onto strips of wet blank paper arranged on a board. Bake about 50 minutes in a nearly cold oven, to form a crust. When they are to be filled with a Whipped Cream press in the bottoms, remove the soft center, and dry in the oven.

COFFEE KISSES:

Boil $\frac{1}{4}$ cup of strong clear coffee and $1\frac{1}{2}$ cups or $9\frac{3}{8}$ ounces of sugar until a little of it, tried in cold water, can be rolled between the fingers into a soft ball. Pour it hot onto 3 egg-whites beaten very stiff, beating them; then with a wooden spatula gently stir in a level tablespoon of sifted powdered sugar. Shape and bake as other Kisses above.

Or, proceed as directed at Kisses with boiled sugar, except substitute for the water an equal amount of strong clear coffee and leave out the flavoring.

CHOCOLATE PETITS-FOURS:

| | |
|---|--|
| 3 egg-whites, beaten very stiff | 1 cup chopped walnuts, re- |
| $\frac{1}{2}$ cup sifted powdered sugar | serving some nice half- |
| $\frac{1}{5}$ cup powdered unsweetened | walnuts |
| chocolate re-sifted with | $\frac{1}{3}$ teaspoon vanilla extract |
| the sugar | |

Mix the sugar, chocolate, and chopped nuts thoroughly; then gently mix into the beaten egg-whites. Upon a baking-pan polished with oil and dusted with flour drop from tip of a tablespoon some balls the size of a walnut. Insert on each one a reserved half-walnut, and bake in a slow oven about 25 minutes. When cold, pack in a can, closely covered.

ALMONDS BLANCHED, and Preparation for Macaroons:

Turn any amount of shelled almonds into boiling water to cover. Before it bubbles, remove from the fire, and let stand 5 minutes. Drain. Remove skins, arrange the almonds on a blank paper, and dry in the warmer.

The preparation should be done the day before needed. These almonds may be kept a long time in a can closely covered in a dry place.

To make macaroons put through the nut grinder.

ALMOND MACAROONS:

| | |
|---------------------------|----------------------|
| 5 ounces blanched almonds | 1 cup powdered sugar |
| 2 egg-whites | |

Use vanilla flavored sugar (see "How to Flavor with Economy"). The addition of liquid is not desirable in this mixture. Force the almonds through the nut grinder, then pound in a mortar, not too fine, while adding the egg-whites a little at a time, pounding about $\frac{1}{2}$ minute after each addition of egg; then, stirring constantly with a wooden spoon, add the sugar very gradually. Work it thoroughly, using just enough sifted sugar to obtain a paste that may be rolled in balls the size of a small walnut. Arrange 2 inches apart in a baking-pan polished with oil and dusted with flour, and bake in a moderate oven about 15 minutes.

These keep a long time in a can if closely covered.

CHOCOLATE MACAROONS:

Proceed as directed in preceding recipe. Add to mixture 2 tablespoons of cocoa and $\frac{1}{4}$ teaspoon of vanilla extract; or, use $\frac{2}{3}$ ounce grated Baker's Chocolate melted over hot water in which stir $\frac{1}{4}$ teaspoon of vanilla extract.

MACAROONS À L'ORANGE:

| | |
|--|--------------------------|
| 4 ounces blanched almonds | Grated rind of an orange |
| 4 $\frac{5}{8}$ ounces sifted powdered sugar | 4 egg-whites |
| | A dash of salt |
| 4 $\frac{1}{5}$ ounces or $\frac{1}{5}$ cup sifted flour | A drop of orange extract |

Force the almonds through the nut grinder. Sift the flour with the sugar, and add and mix in thoroughly the almonds and rind. Add salt to the egg-whites, and beat them to a stiff-dry froth; then, using a small wooden spatula, gently mix in the first mixture. Drop from a teaspoon balls the size of a small oval walnut onto oiled paper, and bake in a rather slow, moderate oven nearly 20 minutes.

MACAROONS À LA CRÊME FONDANTE:

| | |
|---------------------------------|--------------------------------|
| 3½ ounces blanched almonds | ¼ cup sifted pastry flour, ac- |
| 6½ ounces sifted powdered sugar | curately measured |
| | 6 to 6½ egg-whites |

Sift the flour with the sugar. Force the almonds through the nut grinder into a bowl, and, while adding 2 eggs at a time, pound ½ minute and then beat vigorously 2 minutes with a slit spoon. Continue beating while slowly adding the sifted mixture to obtain a soft paste. Use vanilla flavored sugar; or, lacking this, add only a few drops of vanilla extract. From the tip of a tablespoon shape small oval cakes upon a pan polished with oil and dusted with flour, and bake in a quick moderate oven. When done let the cakes cool a minute, then with a flexible spatula detach them from pan, and spread upon the flat side detached from pan the following Chocolate Cream and put them in pairs: Put 1 ounce of grated Baker's Chocolate, ½ cup (scant) of sugar, and 2 tablespoons of thick cream in a small saucepan over the fire, and stir the bottom constantly with a wooden spoon until it forms a thick creamy mixture. If vanilla flavored sugar has not been used, add a few drops of vanilla extract.

WAFERS:

| | |
|--------------------------------|---------------------------------|
| 6 ounces blanched almonds | |
| 6 ounces sifted powdered sugar | 1½ cups or 6 ounces sifted pas- |
| ¾ ounce or a scant ½ cup of | try flour |
| butter softened but not | 2 or 3 egg-whites |

Use vanilla flavored sugar (see "How to Flavor with Economy"). Force almonds through a nut grinder, then pound them in a mortar while gradually adding the eggs, then work in the sugar. Make a depression in the flour and in it put the butter and the sugar-almond mixture, mix thoroughly, working and kneading it to a dough that will hold together. Roll out in a very thin sheet, and using the back of a silver knife, mark small squares. Then cut into rectangles $1\frac{1}{4}$ inches wide and 4 inches long. Using a flexible spatula, carefully lift and arrange upon a baking-pan polished with oil and dusted with flour, brush top with a beaten egg-yolk, and bake in a rather quick moderate oven nearly 8 minutes or until golden-browned and crisp. Keep in a can closely covered. Serve with tea.

PETITS BEURRE:

Prepare a Sugar Paste as directed at recipe. Roll it out thin, then, using a fluted cutter about $1\frac{1}{2}$ inches in diameter, cut out small cakes. Arrange in a baking-pan polished with oil and dusted with flour, and bake in a moderate oven about 7 minutes or until crisp and very slightly amber-colored. Keep in a can, closely covered.

TÔT-FAIT, FOR TEA:

Work together 2 well-beaten eggs, $\frac{1}{3}$ teaspoon of salt, and sufficient sifted flour to obtain a stiff, thoroughly kneaded dough. Let rest a few minutes, roll out thin, arrange on a buttered baking-pan, and dredge over 2 level tablespoons of sugar mixed with $\frac{1}{2}$ teaspoon of cinnamon, then dot top with many very small bits of butter. Bake in a moderate oven to a crisp golden color. Cut into squares and serve cold with tea.

TEA CAKES:

| | |
|---|---|
| 1 pound sifted pastry flour | $\frac{1}{5}$ cup or $1\frac{1}{4}$ ounces butter |
| $\frac{1}{3}$ teaspoon each, salt and baking soda | softened but not melted |
| $6\frac{1}{3}$ ounces sugar | $\frac{1}{2}$ teaspoon vanilla |
| | $\frac{3}{8}$ cup milk |

Make a depression in flour in which put the sugar, butter, vanilla, and milk, and work and knead all together to obtain a stiff dough. Roll out, fold in four, and pat; repeat the rolling, folding, and patting twice; then let rest 1 hour, roll out thin, roll over it a fancy rolling pin, then, using a fluted cutter $1\frac{1}{2}$ inches in diameter, cut out small cakes. Arrange in a baking-pan polished with oil and dusted with flour, and bake in a moderate oven about 8 minutes. Keep in a can, closely covered.

MASSEPAINS:

| | |
|-------------------------------|--|
| 4 ounces blanchd almonds | 2 egg-whites or 3 pullet egg-whites |
| $\frac{1}{5}$ cup water | |
| 8 ounces confectioner's sugar | $\frac{1}{2}$ teaspoon vanilla extract |

Use vanilla flavored sugar (see "How to Flavor with Economy"), or, lacking this, add to water $\frac{1}{2}$ vanilla bean, or include as a part of the liquid 1 teaspoon of vanilla.

Chop the almonds fine, and, while pounding them in a mortar, add the water a little at a time. While stirring with a wooden spoon, slowly add the sugar, then turn it into a saucepan set over a very slow fire to dry a little; return the mixture to the bowl, and, beating with a slit spoon, add the egg-whites very gradually and beat until it forms a medium soft paste. Upon an oiled baking-pan dusted with flour, shape small cakes of even size 2 inches apart. Place in the warmer and let dry for 3 or 4 hours, then bake in a quick moderate oven, about 10 to 12 minutes. Keep in a can, closely covered.

CHOCOLATE MASSEPAINS:

To a mixture made as in preceding recipe, add 1 ounce of grated Baker's Chocolate melted over hot water.

These burn easily and their baking should be carefully watched. It is best to have the oven not quite so hot as directed in preceding recipe.

FONDANT CAKES:

| | |
|---|---|
| 8 ounces or 2 cups sifted pastry flour | $3\frac{1}{3}$ ounces bar powdered sugar or finest granulated |
| 4 ounces or $\frac{1}{2}$ cup best butter | 2 egg-yolks and 1 whole egg |
| | $\frac{1}{4}$ teaspoon vanilla extract |

With the above ingredients make a stiff paste as directed at "Sugar Paste," and let stand in a cold dry place, covered for 2 hours. Roll out to thickness of a silver dollar and cut into circles about $1\frac{1}{2}$ inches in diameter, or cut in triangles, hearts, rectangles, etc. Lightly roll these in granulated sugar and arrange in a baking-pan polished with oil, then bake in a rather slow, moderate oven until crisp. These should bake without melting the sugar. Will keep a long time in a can, closely covered.

ANGELICA STICKS:

To a mixture made as directed in preceding recipe, add some thinly chopped angelica. Roll it out thin as above, and cut into strips 3 inches long and 1 inch wide. Bake in a moderate oven until crisp and amber-colored.

As a variation, substitute for the angelica some candied orange peel or citron.

Will keep a long time in a can, closely covered.

QUEEN DROPS:

- | | |
|--|---|
| 1 cup or 8 ounces finest granulated sugar | 5 eggs, beaten light |
| 1 cup or 8 ounces butter | $\frac{1}{2}$ cup picked currants dusted with flour |
| Grated rind of a lemon or $\frac{1}{2}$ teaspoon vanilla extract | cups or $9\frac{3}{5}$ ounces sifted pastry flour |

Rub butter until creamy; continue beating, and slowly add the sugar. Beat until light and creamy, add the eggs one at a time, and beat vigorously after each addition until light, then add the lemon-rind, flour, and currants. Beat well. Drop small cakes from the tip of a tablespoon onto a baking pan polished with oil. Bake in a quick, moderate oven.

CHOCOLATE ROCK-PEAK:

- | | |
|--|---|
| 2 ounces (scant) Baker's Chocolate | 8 ounces blanched almonds shredded lengthwise |
| $\frac{2}{3}$ cup or $5\frac{1}{3}$ ounces sugar | 3 egg-whites |

Melt the chocolate in a bowl over hot water. Bake the almonds until just heated. To the hot chocolate add the sugar gradually, beating, and keeping the bowl in

hot water. Continue beating, add the eggs one at a time, and lastly, add the hot almonds. Drop the hot cake batter from a tablespoon, in little piles on a baking-pan polished with oil. Cool about an hour, then bake in a moderate oven. Keep in a can, closely covered.

ORANGE CAKES FOR TEA:

1 cup butter

2 cups sugar

3 eggs, well beaten

1 tablespoon orange extract

$2\frac{1}{3}$ cups pastry flour

$\frac{2}{3}$ teaspoon baking soda

Sift the flour with the soda. Cream the butter, continue to beat, slowly adding the sugar, and beating till light. Beat in the eggs, add the flavoring, and thoroughly work in the flour mixture. Use enough flour to obtain a medium stiff smooth dough. Roll out, fold and pat, then set it covered 2 hours in a cold dry place. Roll out thin, shape small cakes with fluted cutter. Bake 9 minutes in a moderate oven. Will keep a long time in a can closely covered.

CHAPTER XXX

COOKIES

NUTMEG COOKIES:

| | |
|------------------------------------|--------------------------------------|
| $\frac{1}{3}$ cup butter | $\frac{1}{4}$ teaspoon grated nutmeg |
| $\frac{1}{2}$ cup sugar | 1 cup sifted flour, re-sifted |
| $\frac{1}{3}$ cup sour milk | with soda and nutmeg |
| $\frac{1}{3}$ teaspoon baking soda | Extra sifted flour as needed |

Cream the butter. Continue beating, and gradually add the sugar. Beat until creamy, then add the milk, the sifted flour mixture, and enough extra sifted flour to obtain a thoroughly kneaded soft dough just firm enough to roll. Roll out thin, shape with a cutter, arrange in a pan polished with oil, dredge top thickly with sugar, and bake in a quick moderate oven to a golden color.

ROLLED OATS COOKIES:

| | |
|---------------------------------|--------------------------------------|
| 1 egg | $\frac{1}{3}$ teaspoon baking powder |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup sugar |
| $1\frac{1}{2}$ cups rolled oats | 1 tablespoon melted butter |

Add the salt to the egg, and beat light. Continue beating, slowly adding the sugar, then the butter. Beat well. Add the rolled oats and baking powder, and work it until it holds together. Drop small cakes onto a pan polished with oil, or spread, then bake in a rather quick moderate oven until crisp.

SOFT GINGER COOKIES:

| | |
|---|-------------------------------|
| $\frac{2}{3}$ cup butter | |
| 1 cup sugar | 1 teaspoon baking soda |
| 1 cup molasses | 1 teaspoon each, salt, cinna- |
| $\frac{1}{2}$ cup hot water | mon, and ginger |
| $1\frac{1}{2}$ cups sifted flour, re-sifted | Extra sifted flour as needed |
| with soda | |

Cream the butter, continue beating, and slowly add the sugar. Beat until creamy; and, continuing the beating, add the spices, molasses, and hot water. Beat

while adding the flour mixture, then work in enough extra sifted flour to obtain a rather soft dough. Let cool, toss it on a board sparingly dusted with flour, pat, roll out thin, cut, and bake.

GINGER SNAPS:

| | |
|------------------------------------|---------------------------------|
| $\frac{2}{3}$ cup molasses | $\frac{1}{3}$ teaspoon salt |
| $\frac{1}{3}$ cup shortening | $1\frac{1}{2}$ teaspoons ginger |
| $2\frac{1}{3}$ cups sifted flour | $\frac{1}{5}$ teaspoon cinnamon |
| $\frac{2}{3}$ teaspoon baking soda | |

Re-sift the flour with the soda, salt, ginger, and cinnamon. Heat the molasses but do not boil. Pour it over the shortening, stir until melted, then mix the flour mixture thoroughly and chill. Roll out very thin on a marble slightly dusted with flour, working in a cold place; then, using a small cutter first dipped in flour, shape the cakes. Bake in a baking-pan polished with oil, in a moderate oven.

MOLASSES COOKIES:

| | |
|------------------------------|---------------------------------|
| 1 cup molasses | $\frac{1}{3}$ teaspoon salt |
| $\frac{1}{2}$ cup shortening | $1\frac{1}{2}$ teaspoons ginger |
| 2 cups sifted bread flour | $\frac{1}{3}$ teaspoon cinnamon |
| 1 teaspoon baking soda | |

Re-sift the flour with the soda, salt, and spices. Heat the molasses but do not boil. Mix same as Ginger Snaps above, and chill thoroughly. Roll out $\frac{1}{5}$ inch thick, and with a small cutter first dipped in flour, cut the cakes. Arrange them separately in a pan polished with oil, and bake in a moderate oven 9 to 10 minutes.

QUEEN COOKIES:

Roll out some Sugar Paste thin, then roll over with a fancy rolling pin. Shape with a fancy cutter, and arrange in a pan polished with oil and slightly dusted with flour. Wash with a beaten egg, and bake in a moderate oven until golden-colored and crisp.

SPICE COOKIES:

- | | |
|------------------------------------|--|
| $\frac{1}{2}$ cup molasses | $\frac{1}{4}$ teaspoon each, cloves and nutmeg |
| $\frac{1}{4}$ cup brown sugar | |
| cup butter, or part lard | $1\frac{1}{2}$ teaspoons ginger |
| 2 cups sifted flour, | $\frac{2}{3}$ teaspoon cinnamon |
| $\frac{1}{2}$ teaspoon baking soda | $\frac{1}{4}$ teaspoon salt |
- Extra sifted flour as needed to obtain a soft dough stiff enough to roll

Re-sift the flour, soda, spices and salt together. Heat the molasses to nearly the boiling point, then add the shortening and sugar; stir, and work in the flour mixture thoroughly; then chill. Working in a cold place, roll it out thin, shape with a small cutter, and bake in a moderate oven in a pan polished with oil and dusted with flour.

LEMON COOKIES:

- | | |
|--------------------------|--------------------------------------|
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ teaspoon lemon extract |
| $\frac{1}{2}$ cup sugar | Grated rind of half a lemon |
| 1 egg, well-beaten | $1\frac{1}{2}$ cups sifted flour |
| 1 tablespoon milk | 1 teaspoon baking powder |

Re-sift the flour with the baking powder, and cream the butter; continue beating, and slowly add the sugar. Beat until creamy; add the milk, flavoring, and rind, then the flour mixture. Chill the dough. Roll out thin, shape with a fluted cutter, and bake in a moderate oven.

HERMITS:

- | | |
|------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon cinnamon |
| 2 eggs, well-beaten | A dash each, cloves and nutmeg |
| 1 cup brown sugar | |
| 1 teaspoon baking powder | 1 cup Sun Maid seedless raisins |
| $2\frac{1}{2}$ cups sifted flour | |
| $\frac{1}{4}$ teaspoon baking soda | $\frac{1}{2}$ cup chopped walnuts |
| $\frac{1}{3}$ teaspoon salt | |

Sift the dry ingredients together several times. Rub the butter until creamy; continue beating, and slowly add the sugar. Beat until creamy, and while beating, add the eggs, then the flour mixture, and lastly the raisins and nuts. Chill, and roll out thin and shape. Bake in a moderate oven.

CHAPTER XXXI

BREAD, ROLLS, MUFFINS, BISCUITS, ETC.

GENERAL INFORMATION ABOUT BREAD MAKING—YEAST AND SPONGE—PREPARATION OF BREAD DOUGH—RECIPES FOR BREAD—HINTS ABOUT ROLLS—RECIPES FOR BUNS AND ROLLS—COFFEE CAKES—DOUGHNUTS AND CRULLERS—POP-OVERS, GEMS, AND MUFFINS—GENERAL INSTRUCTIONS REGARDING GRIDDLE CAKES—RECIPES FOR GRIDDLE CAKES—WAFFLES—BISCUIT MAKING—RECIPES FOR BISCUIT AND SHORTCAKE

General Information about Bread Making

TO make good bread requires good flour, good yeast, and a careful kneading of the dough and baking.

The best flour only should be used. White flour has both the outer husk and the bran coating removed before being ground, thus losing much of the mineral matter and gluten, also the essential Vitamine B. Whole wheat flour has only the outer husk removed.

All yeast bread should be made with white, whole wheat, or pastry flour, and only a certain amount of other grain flours may be combined with the wheat flour. The protein found in wheat in the form of gluten, which is a gray, tenacious, viscous, tasteless substance indissoluble in water, is not found in the other grain flours, and as it is due to the great elastic power of expansion of the gluten that the gas developed by fermentation in the dough cannot escape, the use of more than 33⅓% of other grain flours, such as rye, barley, corn, potatoes, or rice, will render yeast bread unpalatable and heavy. However, the flour may be blended and used without the addition of wheat flour in making quick bread, muffins, biscuits, etc., because these are baked at once, and the former has to stand to rise until light.

The absorption of liquid by flour is variable; this is due mostly to the difference in dryness and the diversity of quality in flours. Generally, 1 pint of liquid is absorbed by 1½ to 1⅔ pounds of flour, or 6 to 7 cups.

Yeast and Sponge

Yeast is a microscopic plant which grows and multiplies under all conditions and influences favorable to plant life; therefore, the yeast plant needs air, food, warmth, and moisture. Fermentation is the means by which the bread dough is raised; that is, a ferment under the favorable influence of air, warmth, and moisture, brings about a chemical change, transforming the starch contained in the flour into sugar, this again being converted into carbonic gas and alcohol, which, expanding through the dough, "raise" it, the gases being retained by the elastic property of the gluten.

Sugar is food for the yeast plant; therefore, the addition of sugar is desirable to make a strong, quick yeast. There is no virtue in adding salt to yeast, and, as a rule, bakers never add salt to their sponge.

The proportion of yeast entering into the mixing of dough is variable, and depends on the time allowed, the temperature, elevation, and quantity of flour used. If too little yeast is used, a heavy bread will be produced. In summer, less yeast is required than in winter. The fresh compressed yeast that comes wrapped in tin-foil gives the best results as to accuracy and quickness, as it works more rapidly than dry yeast, and good bread may be had with it by making the dough directly without first making a sponge, as is necessary when using dry yeast. Fresh compressed yeast cakes break crisply and should be of an even light, sandy color.

When using compressed yeast, dissolve a yeast cake in about 4 tablespoons of tepid water and let stand in a moderately warm place about 15 minutes or until surface is full of bubbles. If having any doubt about its freshness, add a tablespoon of sugar to the diluted yeast, and if it is fresh, many bubbles will soon appear at the surface. Fresh yeast may be kept several days in the refrigerator. One cake of yeast or more will raise $1\frac{1}{2}$ pounds of flour to double its bulk in about 2 hours; and if using only $\frac{1}{2}$ to $\frac{2}{3}$ of a cake, according to the temperature, to the same amount of flour, it may require

about 4 hours. The latter slower method, however, will produce a whiter and more wholesome bread than bread raised in 2 hours.

When using dry yeast, the dough should always be started with a sponge; dilute the dry yeast in a little tepid water as above, and when the top is full of bubbles stir in the desired amount of lukewarm water; then beat into it sufficient sifted flour to obtain a soft batter, using to each pint of liquid about $1\frac{2}{3}$ cups of flour. Add the sugar, then set covered in a moderately warm place to rise until light, after which add salt, shortening, and the remaining flour.

The sponge may be made at night. If a moist bread is desired, $\frac{1}{2}$ cup of lukewarm mashed potatoes may be added to the sponge. One cupful of liquid yeast is the equal of one fresh compressed or dry yeast cake. Where economy is an asset, make your own yeast.

In any of the following bread recipes, 1 cup of yeast liquid may be substituted for a fresh yeast cake.

YEAST, I:

Boil, until soft, 6 large peeled potatoes cut in pieces, in water more than covering, adding to the water 1 ounce of loose hops wrapped in a cheese-cloth. Rub the potatoes through a colander into their own liquor in a kettle. Set over the fire, add 2 ounces sugar, and when boiling stir in sufficient flour, moistened with cold water, to obtain a thin batter. Stir and boil 3 minutes to prevent souring. Remove, and when lukewarm, add, diluted, 1 or 2 yeast cakes. Stir to mix thoroughly; then pour into a stone jar just scalded, and let stand in a moderately warm place from 12 to 24 hours, when it is ready to use. Remove and reserve, covered, in a cold, dry place.

One cup of this yeast equals one yeast cake.

Once you have a good, strong yeast, you can use about 1 cup of it as a starter, instead of dry yeast, to make a stock yeast as above.

YEAST, II:

Put in a kettle 2 large peeled potatoes cut in pieces, 2 ounces of loose hops wrapped in a cheese-cloth, and $1\frac{1}{2}$ gallons of water. Boil until the potatoes are tender, then rub through a colander into their own liquor in a kettle. Re-heat half of the liquor until boiling. Pour, while stirring, onto 1 pound of sifted wheat flour, thoroughly scalding the flour, and, stirring, add the remaining potato hop liquor. When lukewarm add about 1 pound of ground barley malt and 2 ounces of sugar. Mix thoroughly, adding 3 dry yeast cakes previously diluted in a little tepid water. Let stand in a warm place until fermentation ceases, or about 48 hours. Stir thoroughly and strain to remove malt husks. Keep covered in a cold, dry place.

SUBSTITUTE FOR YEAST:

When dry yeast or fresh compressed yeast is not at hand, make a thin batter with lukewarm water and wheat flour, add $\frac{1}{2}$ cup of lukewarm mashed potatoes, stir well to mix, and let stand in a warm place until top surface is full of bubbles. Use 1 pint of this to each $1\frac{1}{2}$ pounds of flour.

Preparation of Bread Dough

The expansion of the yeast, and consequently, the raising of the bread dough, requires a close attention to temperature. Avoid draughts, as a sudden chill is injurious to the yeast. Also, a too high temperature, above 100° F., may bring about some undesirable conditions that will impart to the bread a sour flavor. The ideal temperature for dough raising is from 68° F. to 80° F. The milk or water should be boiled first, then allowed to become lukewarm before adding the yeast and the flour, although the shortening, salt, and sugar are usually added to the hot liquor. Use for each pint of liquid a level teaspoon of salt, 1 level tablespoon of sugar, and from 1 to 2 level tablespoons of lard, although butter, clarified dripping, etc., may be used if desired.

Yeast needs air; therefore, add the flour slowly and beat it thoroughly into the liquid in order to incorporate as many air cells as possible. A too stiff dough will produce a harsh, crumbly bread. To prevent this use the least amount of flour possible, while transforming the sticky paste into a smooth, supple dough that can be easily handled and breaks loose from the hands.

Kneading: The more kneading given to the dough, the finer will be the texture of the bread, provided very little dusting flour has been used while kneading. The best bread is obtained by giving the dough two kneadings. As soon as the dough can be handled, leaving a clean, scraped pan, turn onto a slightly floured board. Then knead by drawing it up in a round shape, press the pulled edge into the center, and press it out, then press out again to an uneven sheet. Fold and press the edges together to seal in the air; then repeat the process until the dough is smooth and elastic.

The mixing of the dough and its first kneading require about twenty minutes, and a quick, even stroke contributes more to an even distribution of the yeast plant and air than a great expenditure of strength may do. After the first kneading, brush the pan with the least touch of melted lard, return the dough to the pan, and, to prevent the forming of a crust, brush over with the least possible touch of melted lard to which a few drops of hot water have been added. Cover with a folded cloth, and set in a moderately warm place free of draught, to rise to double its bulk, or from 2 to 4 hours.

Night Sponge: A sponge may be made at night and the remaining sifted flour added in the morning, and by giving the dough a long, thorough kneading, it may be shaped into loaves and arranged directly in baking tins.

For Over-night Dough, use $\frac{1}{4}$ cake fresh compressed yeast, or its equivalent, to each pint of liquid, which should be lukewarm in winter and cold in summer, then set to rise over night.

When the Dough is Made During the Day, it requires more yeast, generally 1 fresh compressed yeast cake to each pint of liquid, and occasionally more if

the dough must be raised in 2 hours. In the latter case, the rising dough should be carefully watched and never allowed to rise more than double its bulk, but rather a little less, and if it gets too light before having time to knead it, cut it down from the sides of pan, else it will fall and sour.

Direct Dough: Early in the morning dissolve a fresh compressed yeast cake in about $\frac{1}{4}$ cup of tepid water and let stand in a moderately warm place until the top is full of bubbles. Pour 1 pint of boiling milk or water into mixing pan, add salt, and sugar, and the shortening also if desired. Have the liquid lukewarm by the time the yeast is full of bubbles, then add the yeast, and, beating with the hands, slowly add the sifted flour, finishing mixing as directed above.

Important Second Kneading: As soon as the dough has risen to about twice its bulk, toss it on a slightly floured board, using as little flour as possible. Spread it in an uneven sheet by drawing or pressing it and pounding with the fists; then fold it quickly, pressing the edges quickly together so as to enclose in as much air as possible. Repeat the process several times until the dough has become elastic and begins to break instead of spreading. Allow it to rest a few minutes before shaping it into loaves.

Shaping of Loaves: Divide the dough into even parts large enough to fill each tin half-way up; then, without breaking the texture, knead each one on a slightly floured board, using very little flour. Placing the loaf against the palm of the left hand and occasionally lifting it, shape with the pressing palm of the right hand, keeping the dough constantly moving in a rotating motion. Then roll it on the board under the pressing hands until it is of a uniform thickness that will fit in the bread tin, avoiding making any streaks. Arrange the shaped loaves in tins, and if several loaves are baked in the same pan, brush between the loaves with melted lard or butter. To facilitate the bread's development, slightly cut across the loaves at regular intervals. Place the loaf, covered with a cloth, in a moderately warm

place to rise to twice its bulk, or 1 hour. When a thin crust is desired, brush the top with the least touch of melted lard; for a thin dark crust, brush with melted butter, and for a dark crust brush with milk.

Baking of Bread

As bread placed in the oven rises until the outside has hardened, arrange to have the oven hot so the bread will begin to brown after it has been in about 15 minutes. When placing the bread in the oven, the oven thermometer should register about 380° F. and should gradually rise in 15 to 18 minutes to nearly 420° F., so that the bread may rise to its full height and the heat penetrate to center. After the bread has browned, the heat in the oven may be reduced, as the bread then begins to shrink from pan; this is usually from 45 minutes to 1 hour, according to size of loaves. When ready to bake the bread, arrange to have a clear fire with a moderate oven, and replenish it so it will last during the time required for the baking.

When done remove the baked loaves from tins and arrange them inclined against the rolling pin to let the air surround each loaf. In this way the bread will not lie flat on the board, which would mean a moistened crust. If a soft crust is desired, cover the hot bread at once with a cloth.

The whole process of making bread requires from 4½ to 7 hours, according to the atmospheric conditions and the proportion of yeast used in the making of the dough.

Recipes for Bread

WHITE BREAD:

| | |
|--|--|
| ½ or ⅔ cake fresh yeast | 1½ level teaspoons salt |
| 1 pint lukewarm milk or water, or half and half | 1 level teaspoon sugar |
| 1½ to 1¾ pounds sifted flour, or 6 to 7 cups | 1½ tablespoons of lard or but- ter (optional) |

These proportions will give 2 small loaves. Dilute the yeast in a little tepid water and let stand until top is full of bubbles. Bring 1 pint of water or milk to a boil,

pour in the mixing pan, and add salt, sugar, and fat. When lukewarm, add the yeast, and, using the hands, beat in about $\frac{5}{6}$ of the sifted flour. When thoroughly mixed, work in enough flour to obtain a rather stiff dough, which knead, raise, and knead again, shaping and baking as directed above.

POTATO BREAD:

Add $\frac{1}{2}$ cup of lukewarm mashed potatoes to $\frac{1}{2}$ cake of fresh yeast diluted in a little tepid water, and with it proceed as directed at "White Bread."

The water in which the potatoes have been boiled may be used as the liquid.

WHOLE WHEAT BREAD:

- | | |
|---|--|
| 1 pint boiling water or milk, or half and half | 1 tablespoon sugar $\frac{1}{2}$ to $\frac{2}{3}$ cake of fresh yeast |
| $1\frac{1}{2}$ teaspoons salt | Best entire wheat flour, as needed |

Dissolve the yeast in a little tepid water, and let stand until full of bubbles. Put salt and sugar in mixing pan, pour in the hot liquid, and when lukewarm, add the yeast. Using hands, beat in enough of the whole wheat flour to obtain a thick batter. Beat vigorously while gradually adding enough whole wheat flour to obtain a dough, and, leaving a clean pan, toss it on the board, knead thoroughly, return to pan, and set to rise until light, then knead again and shape in loaves. Set to rise again, and bake from 40 to 45 minutes. Will make 2 loaves.

GRAHAM BREAD:

- | | |
|---|---|
| 1 pint boiling water or milk, or half and half | $\frac{1}{2}$ or $\frac{2}{3}$ cake of yeast |
| $1\frac{1}{2}$ tablespoons molasses or sugar | 3 cups graham flour, re-sifted with 2 cups white flour |
| $1\frac{1}{2}$ teaspoons salt | Extra bread flour as needed |

Dissolve the yeast in a little tepid water and let stand until full of bubbles. Put the sugar and salt in mixing pan, and pour in the hot liquid; when lukewarm add

the diluted yeast, then, using the hands, beat in the mixed flour. Beat well, then work in enough extra sifted white flour to obtain a rather stiff dough, and with it proceed as directed at "White Bread."

Graham dough rises quicker than white flour dough; therefore, watch the rising.

RYE BREAD:

| | |
|-----------------------------------|--|
| 1 tablespoon fat | $\frac{1}{2}$ or $\frac{2}{3}$ cake fresh compressed yeast |
| 1 level tablespoon salt | |
| 1 tablespoon sugar | $\frac{3}{4}$ pound sifted bread flour |
| 1 pint boiling water or part milk | Rye flour as needed |

Dissolve the yeast in a little tepid water and let stand until full of bubbles. Put fat, salt, and sugar in mixing pan, pour in the hot liquid, and when lukewarm add the yeast, then beat in the white flour. Set, covered, in a moderately warm place until light; then beat in gradually enough rye flour to obtain a dough that can be kneaded. Leaving a clean pan, turn onto a slightly floured board; knead thoroughly, return to the greased pan, and set, covered, to rise to double its bulk. Toss onto the board, and knead and shape into 2 long loaves. Arrange in tins, cover, and set to rise until light. Add a little water to an egg-white, beat, and brush bread with it. With a sharp knife make on top of each loaf three diagonal cuts; then bake. If desired, add caraway seed to the dough.

BOSTON BROWN BREAD:

| | |
|-----------------------------|-----------------------------|
| 1 cup cornmeal | 1 cup sour milk |
| 1 cup rye meal | 1 cup water |
| 1 cup graham or bread flour | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup molasses | $\frac{3}{4}$ teaspoon soda |

Mix the dry ingredients thoroughly. While beating add and mix in the molasses, milk and water. Steam 3 hours, as usual, in a cylindrical mold.

ROLLED OATS BREAD:

| | |
|----------------------------|---|
| 1 pint boiling water | $1\frac{1}{2}$ tablespoons butter or lard |
| 1 teaspoon salt | $\frac{2}{3}$ cake fresh compressed yeast |
| 1 cup rolled oats | Sifted wheat flour as may be needed |
| $\frac{1}{2}$ cup molasses | |

Dilute yeast in $\frac{1}{4}$ cup of tepid water, and let stand until full of bubbles. Pour boiling water over the oats in a bowl, and add the salt, molasses and shortening; when lukewarm, add the yeast and beat in $4\frac{1}{2}$ cups of sifted flour. Beat well with the hands, then work in enough sifted flour to obtain a soft dough that can just be handled. Knead thoroughly same as other bread. Set to rise to twice its bulk, then knead about 5 minutes with quick, sharp strokes. Let rest a few minutes before shaping it in 2 loaves. Arrange in a greased tin, and bake 45 minutes. This bread is especially good for children.

ROLLED OATS BISCUITS:

Use half the quantity of ingredients given in the preceding recipe and proceed as there directed. After the second kneading, shape as biscuits. Arrange over an oiled baking-pan, and set to rise until light. Bake as biscuits.

RAISIN BREAD:

| | |
|--------------------------------|----------------------------------|
| $\frac{1}{2}$ cake fresh yeast | 1 ounce sugar |
| 1 cup scalded milk | 3 to $3\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ teaspoon salt | 1 beaten egg |
| 1 ounce butter, or part lard | $\frac{1}{3}$ cup seeded raisins |

Dilute the yeast in the lukewarm milk, adding the salt and 1 level tablespoon of the sugar, then beat in enough flour to obtain a thick batter. Set, covered, to rise until light. Meanwhile, cream the butter, then add the remaining sugar, and, continuing to beat, add the egg. Combine the two mixtures, adding the raisins, and enough sifted flour to obtain a rather smooth dough. Finish as directed at "White Bread," and bake 45 to 50 minutes.

NUT BREAD:

Same as Raisin Bread, except substitute for the raisins $\frac{1}{2}$ cup of chopped nuts, and if a white texture is desired, use two egg-whites beaten instead of the egg.

Hints about Rolls

Rolls may be shaped into Buns, French Rolls, Parker House Rolls, Crescent, or twisted as directed below.

The crust being the best part of hot bread, rolls are usually arranged in a buttered pan $1\frac{1}{2}$ inches apart, so that they may rise without touching one another; but if crumbs are desired, arrange them $\frac{1}{2}$ inch apart so they may run together in rising and baking.

Usually shaped rolls are brushed with milk, but if a soft white crust is desired, brush with melted lard, or for a soft dark crust brush with melted butter.

To Glaze Rolls: Two minutes before removing the baking rolls from the oven, brush with a little milk or a beaten egg, with a little sugar added. When rolls are done, remove them and wrap in a napkin until serving time.

Recipes for Buns and Rolls

BUNS:

Take about 1 pound of risen bread dough, work in a tablespoon of butter and a little sifted flour, then work and knead it for some time. To shape, pull off even pieces of dough the size of an egg and mold them as buns. Arrange diagonally, 2 inches apart, in a pan polished with oil. Cover and set aside to raise until light, then bake about 15 minutes in hot oven.

FRENCH ROLLS:

Take about $1\frac{1}{4}$ pounds of risen bread dough, work in 2 tablespoons of butter; then, adding a little flour, work and knead it about 10 minutes, roll out to about 1 inch thickness, cut off strips 2 inches wide, roll into long cylindrical shape, and cut into pieces 4 or 5 inches in length. Arrange in a pan, set to rise till light, and bake as above.

CRESCENT ROLLS:

To shape Crescent Rolls, roll the dough to $\frac{1}{4}$ or $\frac{1}{8}$ inch thickness, cut it into 6-inch squares, then cut each

square in two diagonally. Starting at the base of a triangle, roll as for "Roly Poly," then turn the points around to shape as a crescent.

FANCY TWISTED ROLLS:

Pull off the dough even pieces the size of an egg, and roll under the pressing hand on a board slightly dusted with flour, until they are shaped like pointed small toy broomsticks, then twist them to suit the fancy.

CLOVER LEAF ROLLS:

Using risen roll dough, shape it into balls the size of a large marble. Place 3 balls in each ring of an oiled muffin pan, moistening the parts where they adhere one to another. Set to rise, covered, until light, brush with melted butter, and bake in a hot oven 12 minutes.

FRENCH PETITS-PAINS:

- | | |
|-----------------------------|---------------------------------------|
| 1 cup scalded milk | 2 tablespoons butter or part |
| 1 tablespoon sugar | lard |
| $\frac{1}{2}$ teaspoon salt | 3 to $3\frac{1}{2}$ cups sifted flour |
| | $\frac{1}{2}$ cake of yeast |

Dissolve the yeast in lukewarm water and let stand until full of bubbles. Pour the hot milk onto the sugar, salt, and butter in a mixing bowl; and when lukewarm, add the yeast and beat in sufficient sifted flour to obtain a medium stiff dough. Knead as for bread, then set to rise until light. Knead again, and mold to size of a very large walnut, arrange in a buttered baking pan, set to rise until light, slit top, then brush with a beaten egg with a little water added, and bake in a hot oven about 12 minutes.

PARKER HOUSE ROLLS:

- | | |
|----------------------------------|---|
| $1\frac{1}{3}$ cups scalded milk | 1 teaspoon salt |
| 1 rounded tablespoon butter | $\frac{1}{2}$ cake fresh compressed yeast |
| 1 level tablespoon sugar | Flour as necessary |

Dissolve the yeast in $\frac{1}{4}$ cup of tepid water and let stand until full of bubbles. Pour the hot milk over the

butter, sugar, and salt, and let stand until lukewarm. Add the diluted yeast and about 2 cups of sifted flour, then, using the hands, gradually beat in the flour. Beat well, cover, and set to rise, covered, until light, then scrape down the side, gradually beat in about 2 cups of sifted flour, or as needed, to obtain a medium stiff dough. Knead well. Set to rise, covered, until light, then knead as directed at "Making of Bread Dough." Pat, and let rest a few minutes. Roll out evenly about 1 inch thick, and stretch to allow for shrinkage. Cut into round shape with a large size biscuit cutter, arrange in rows on the board, and, using a floured rolling-pin the size of a small toy broomstick, roll a crosswise depression into the middle of each. The dough thus shaped will have 2 thick rounded ends and a depression in the center. Brush with melted butter, then fold one rounded end on top of the other, pressing lightly.

Arrange 2 inches apart in a baking-pan polished with oil, cover, and let rise until light. Brush with melted butter, and bake in a hot oven 14 to 15 minutes.

SALLY LUNN:

- | | |
|-----------------------------|--------------------------------|
| 1 cup scalded milk | $\frac{1}{2}$ cake fresh yeast |
| 1 tablespoon sugar | 1 egg, beaten light |
| 2 tablespoons melted butter | 2 cups sifted flour |
| $\frac{1}{3}$ teaspoon salt | |

Dissolve the yeast in the lukewarm milk; add the salt and butter, then the flour, the egg, and a third of the sugar. Beat until smooth. Put in a greased pan, cover, and let rise in a moderately warm place until risen to double its former bulk. Dredge over the remaining sugar, and bake in a hot oven about 18 minutes. Serve hot.

HOT CROSS BUNS:

- | | |
|--|----------------------------------|
| $\frac{2}{3}$ cake fresh yeast | $3\frac{1}{3}$ cups sifted flour |
| 1 cup scalded milk | $\frac{1}{5}$ cup sugar |
| 1 tablespoon sugar | $\frac{1}{4}$ cup sugar |
| $\frac{1}{2}$ teaspoon salt | 1 egg, beaten light |
| $\frac{1}{2}$ teaspoon cinnamon (optional) | $\frac{1}{4}$ cup currants |

Dissolve the yeast in the lukewarm milk, add a tablespoon of sugar, and let stand 15 minutes in a moderately warm place. Then beat in $1\frac{1}{2}$ cups of flour and set, covered, to rise until light. Cream the butter, continue beating, and add the remaining sugar; beat well, and add the rising mixture, the salt and the egg, then the remaining flour, and lastly, the currants. Knead. Shape same as for large biscuit and arrange in a baking-pan polished with oil. Cover and set to rise until light. Brush with beaten egg, make a cross incision on top crust of each, bake nearly 20 minutes, and 2 minutes before removing from the oven brush with water and sugar.

ENGLISH MUFFINS:

| | |
|-----------------------------|--------------------------------|
| 1 cup scalded milk | 1 tablespoon butter |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cake fresh yeast |
| 1 tablespoon sugar | 3 cups sifted flour |

Turn the salt, sugar, and butter into the hot milk. When lukewarm dissolve in the yeast, let stand 15 minutes in a moderately warm place, then beat in the flour, and set, covered, to rise until light. Roll out $\frac{1}{2}$ inch thick, shape with a cutter $3\frac{1}{2}$ inches in diameter, arrange $1\frac{1}{2}$ inches apart in a pan slightly dusted with flour, and set to rise, covered, in a moderately warm place until light. Bake on both sides over a hot griddle. When done split and butter, and serve hot.

RUSKS:

| | |
|-----------------------------|--------------------------|
| 1 cup scalded milk | 1 or 2 well-beaten eggs |
| $\frac{1}{2}$ ounce butter | 1 cake fresh yeast |
| $\frac{1}{3}$ cup sugar | 3 to 4 cups sifted flour |
| $\frac{1}{2}$ teaspoon salt | |

Put the butter, sugar, and salt in the hot milk, let stand until lukewarm, then dissolve in the yeast and beat in $\frac{1}{2}$ cup of flour, and let stand in a moderately warm place until surface is full of bubbles. Add the beaten egg, and beat and work in sufficient flour to obtain a rather soft dough; knead thoroughly, then set to rise, covered, in a moderately warm place until double its bulk. Mold it in small balls the size of a large walnut,

arrange these 1 inch apart in a baking-pan polished with oil, and set, covered, to rise until light. Brush with a beaten egg, dredge with sugar, and bake in a hot oven.

CINNAMON ROLLS:

- | | |
|-----------------------------|----------------------------------|
| 1 cup scalded milk | $\frac{2}{3}$ cake fresh yeast |
| 1 tablespoon butter | $\frac{2}{3}$ cup seeded raisins |
| 1 rounded tablespoon sugar | 3 or 4 cups sifted flour |
| $\frac{2}{3}$ teaspoon salt | |

Dissolve the yeast in $\frac{1}{4}$ cup of tepid water, and let stand until full of bubbles. Stir the butter, sugar, and salt into the hot milk, let stand until lukewarm, add the yeast, and gradually beat in the flour until it is too thick to stir or beat. Toss onto a floured board and knead thoroughly, then return it to the greased bowl, and set to rise until double its bulk. Toss again onto floured board, knead, and roll out to about $\frac{1}{3}$ inch thickness. Brush over with melted butter, dredge over some granulated sugar, and cinnamon, then spread upon it a thick layer of seeded raisins, and roll as for "Roly Poly." Tightly pinch the ends together, and, using a knife, cut in pieces $1\frac{1}{3}$ inches thick. Arrange 1 inch apart in a pan polished with oil, brush with melted butter, and set, covered, to rise until light. Bake in a rather quick moderate oven about 20 minutes.

Recipes for Coffee Cake

COFFEE CAKE:

- | | |
|--------------------------------|----------------------------------|
| $\frac{2}{3}$ cup scalded milk | $\frac{1}{2}$ ounce butter |
| $\frac{1}{4}$ cake fresh yeast | 1 egg, beaten light |
| 2 tablespoons sugar | $3\frac{1}{2}$ cups sifted flour |
| $\frac{1}{2}$ tablespoon salt | |

Dissolve the yeast in 3 tablespoons of tepid water, and let stand until full of bubbles. Pour hot milk over the sugar, salt, and butter. When lukewarm add the yeast and the beaten egg, then beat and work in sufficient flour to obtain a medium stiff dough when kneaded. Set, covered, to rise over night. If making the dough in daytime, use 1 yeast cake. In the morning knead the

dough on a floured board, then roll it out $\frac{1}{4}$ or $\frac{1}{3}$ inch thick. Arrange in a baking pan polished with oil, dredge on top $\frac{1}{4}$ cup of sugar, mixed with 1 teaspoon of cinnamon, at option adding chopped almonds or nuts. Dot top with many very small bits of butter, and bake nearly 20 minutes in a quick moderate oven.

Or, omitting the sugar mixture, spread upon cake an egg in which a tablespoon of sugar is beaten, then dredge over top some granulated sugar and shredded almonds, mixed.

QUICK COFFEE CAKE:

| | | | |
|---|--------------------|----|-------------------------------|
| 2 | tablespoons butter | 1½ | cups sifted flour |
| ½ | cup sugar | 3 | level teaspoons baking powder |
| 1 | egg, beaten light | | |
| ½ | cup milk | ¼ | teaspoon salt |

Rub the butter until creamy, continue beating, and add the sugar; when creamy beat in the milk and eggs, and quickly mix in the dry ingredients sifted together, using enough flour to obtain a dough stiff enough to roll. Roll out $\frac{1}{3}$ inch thick, and arrange in a greased baking-pan. Mix in a bowl 1 ounce of sugar, 1 teaspoon of cinnamon, and 1 tablespoon of chopped almonds, and dredge over the cake, dotting top with many small bits of butter. Bake at once in a rather hot oven for about 15 minutes.

Recipes for Doughnuts and Crullers

RAISED DOUGHNUTS:

| | | | |
|---|----------------------------|---|------------------------------|
| ¼ | cake fresh yeast | 1 | egg, beaten light (optional) |
| 3 | tablespoons lukewarm water | 2 | tablespoons sugar |
| 1 | cup scalded milk | | A dash of cinnamon or nutmeg |
| ⅔ | teaspoon salt | | Sifted flour as needed |
| 1 | ounce melted shortening | | |

Dissolve the yeast in water and let stand until full of bubbles. Turn it in the lukewarm milk, add a tablespoon of sugar and the salt, and beat in sufficient flour to obtain a thick batter. Set, covered, to rise over night. In the morning add the shortening, the remaining sugar, and the egg and nutmeg, and enough flour to obtain a

stiff dough. Knead well and set to rise, covered, until light. Toss onto a floured board, roll out to $\frac{2}{3}$ of an inch thick, then, using a doughnut cutter, shape. Arrange 1 inch apart on a slightly floured board, cover with a cloth, and set to rise in a moderately warm place until light. Fry in hot deep fat to a light-brown color. Drain and roll in sugar.

DOUGHNUTS (QUICK):

- | | |
|------------------------------------|---|
| 2 cups sifted flour | 1 level teaspoon cream tartar |
| 1 level teaspoon salt | 1 well-beaten egg |
| 1 tablespoon butter | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup sour milk | $\frac{1}{2}$ teaspoon nutmeg or cinnamon |
| $\frac{3}{4}$ teaspoon baking soda | |

Sift all the dry ingredients together, then work in the shortening with the tips of the fingers, make a depression in center, turn in the milk and egg, and mix quickly. Toss on a board slightly dusted with flour, lightly pat, and roll $\frac{1}{2}$ inch thick. Shape with a doughnut cutter, fry in hot deep fat, and sprinkle with sugar.

Recipes for Pop-overs, Gems, and Muffins

CRULLERS:

- | | |
|---------------------------------|---|
| 2 cups sifted flour | $\frac{1}{4}$ cup milk, or a very little more |
| 2 level teaspoons baking powder | 2 tablespoons melted butter |
| $\frac{1}{3}$ teaspoon salt | $\frac{1}{6}$ cup or $1\frac{1}{2}$ ounces sugar |
| 1 egg, beaten light | $\frac{1}{6}$ teaspoon cinnamon or a dash of nutmeg |

Sift the flour, baking powder, and cinnamon together, dissolve the sugar and salt in the milk, make a depression in the flour, turn in the egg and melted butter, and while mixing quickly, slowly add the milk mixture to obtain a handy stiff dough. Roll out thin.

To shape the crullers, use a jaggy roller and cut the dough into rectangles 3 inches long and 2 inches wide. Cut slits in each one. Fry in hot deep fat to a rich golden color. Drain on brown paper and dredge with sugar.

POP-OVERS:

- | | |
|-----------------------------|------------------------------------|
| 1 or 2 eggs | 1 cup sifted flour |
| $\frac{1}{4}$ teaspoon salt | 1 tablespoon (scant) melted butter |
| 1 cup milk | |

To the egg in a bowl, add the salt, and beat with a Dover beater until very light. Continue the beating while adding slowly the milk. Then beat 1 minute, add the flour all at once, beat 1 minute and add the butter.

The leavening agent in quick bread of this kind is originated while the article is baking. The steam resulting from the heat forces the batter to the sides of its container, baking the article hollow in the center. To obtain this result, heat, until very hot, some earthen cups, or better, an iron gem ring. Shine with oil, fill cavity about two-thirds full with the batter, which is always thin, and place at once in a hot oven. Arrange the fire source in such a way that the heat in the oven gradually decreases in about 10 minutes to a moderate oven, then finishing in the moderate oven. Turn as needed so they brown evenly.

The whole baking process, if the oven is right, will require from 25 to 30 minutes.

BRAN GEMS:

- | | |
|------------------------------------|-----------------------------|
| 1 cup bran | $\frac{1}{3}$ teaspoon salt |
| $\frac{1}{3}$ cup flour | 1 egg, beaten very light |
| $\frac{1}{2}$ teaspoon baking soda | 1 cup sour cream |

This recipe makes six muffins.

Sift the flour, soda, and salt together. Mix thoroughly with the bran. Make in mixture a depression in which turn in the eggs, and the sour cream; thoroughly and quickly mix to a thick batter and drop from a spoon into an oiled muffin-pan. Bake at once, 20 minutes in a hot moderate oven.

CORN MEAL GEMS:

- | | |
|--|-----------------------------|
| $\frac{3}{4}$ cup flour | $\frac{1}{3}$ teaspoon salt |
| $\frac{3}{4}$ cup corn meal | 1 tablespoon melted butter |
| 1 level tablespoon sugar | $\frac{3}{4}$ cup milk |
| $2\frac{1}{2}$ teaspoons baking powder | 1 egg, beaten light |

Mix and sift the dry ingredients together. While beating, gradually add the milk, then the egg and butter. Beat well. Bake nearly 30 minutes in a hot oven in buttered or oiled gem-pans.

BRAN MUFFINS:

| | |
|-------------------------------------|--------------------------------------|
| 1 cup bran | A dash of salt |
| $\frac{1}{2}$ cup whole wheat flour | 1 teaspoon melted butter |
| $\frac{1}{2}$ teaspoon soda | $\frac{2}{3}$ cup (generous measure) |
| 1 teaspoon baking powder | sour milk or buttermilk |
| | 1 teaspoon sugar |

Sift the flour several times with the soda, baking powder, sugar and salt added, then mix with the bran. While beating, gradually add the milk. Beat well, adding the butter. Bake 20 minutes in a moderate oven.

If an egg is used, add it, beaten light, to the milk and proceed as above.

RYE MUFFINS:

| | |
|-----------------------------------|------------------------------------|
| 1 $\frac{1}{2}$ cups rye flour | 1 egg, beaten light |
| $\frac{1}{2}$ cup wheat flour | 1 cup milk |
| $\frac{1}{2}$ teaspoon salt | $\frac{2}{3}$ ounces melted butter |
| 2 rounded teaspoons baking powder | |

Sift the dry ingredients into a bowl; make a depression in center in which turn in the egg, milk, and butter. Quickly and thoroughly mix, arrange in an oiled muffin-ring, and bake nearly 20 minutes in a rather quick moderate oven.

SCOTCH SCONES:

| | |
|-----------------------------------|-----------------------------|
| 2 cups sifted flour | $\frac{2}{3}$ teaspoon salt |
| 2 rounded teaspoons baking powder | $\frac{1}{2}$ ounce butter |
| | 1 beaten egg |
| | $\frac{1}{2}$ cup milk |

Sift the dry ingredients together. With a knife cut the butter into the flour mixture, then add the egg and enough milk to obtain a dough stiff enough to roll out $\frac{1}{2}$ inch thick. Cut with a round cutter, and bake about 20 minutes over a hot griddle, turning over as needed to brown evenly on both sides.

GRAHAM MUFFINS:

- | | |
|-------------------------------|---------------------------------|
| 1 cup graham flour | 4 level teaspoons baking powder |
| $\frac{3}{4}$ cup white flour | 1 cup milk |
| 1 tablespoon sugar | 1 egg, beaten light |
| 1 teaspoon salt | 2 tablespoons melted butter |

Sift the dry ingredients together, make in center of mixture a depression, into which turn in the milk, egg, and butter; mix quickly to a thick batter, and drop from a spoon into oiled gem-pans. Bake at once in a quick moderate oven, about 20 minutes.

PLAIN MUFFINS:

- | | |
|---------------------------------|-----------------------------|
| 2 cups white flour | 1 cup milk |
| 1 tablespoon sugar | 1 egg, beaten light |
| 1 level teaspoon salt | 2 tablespoons melted butter |
| 4 level teaspoons baking powder | |

Proceed as directed at "Graham Gems."

RAISED WHITE FLOUR MUFFINS:

- | | |
|-----------------------------------|----------------------------------|
| $\frac{1}{4}$ fresh yeast cake | 1 tablespoon sugar |
| $\frac{1}{4}$ cup tepid water | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup scalded milk | $2\frac{1}{8}$ cups sifted flour |
| $1\frac{1}{8}$ tablespoons butter | 1 egg, beaten light |

Dissolve the yeast in the water, and let stand until bubbles appear on the top. Turn the butter, sugar, and salt into hot milk and let stand until lukewarm. Combine with first mixture, then beat in the flour, and set, covered, to rise over night. In the morning add the beaten egg and fill oiled muffin-rings two-thirds full, then set to rise, covered, until rings are full. Bake about 20 minutes in a rather quick moderate oven.

General Instructions Regarding Griddle Cakes

Griddle cakes are the product of a smooth, thin batter which, when poured onto a hot griddle, runs freely in all directions, forming thin round cakes of uniform size. These are then baked on both sides to a rich, golden-brown color.

The cheapest griddles are made of iron. These should be greased. Soapstone or aluminum griddles do not have to be greased, and cakes baked on them are the best.

Place the griddle over the fire sometime before using it, and turn it around so it will heat evenly. Using a cloth or blank paper, wipe griddle before and after each batch has been baked. Drop a test cake onto the heated griddle to see if it is properly heated. As soon as the cake has risen, or when the top is full of bubbles and the edges browned, the cake should be turned, then cooked on the other side so as to be nicely browned on both sides. Never turn a griddle cake twice.

It is sometimes desirable before using an iron griddle to drop a tablespoon of salt on it and rub it with a dry cloth. When the griddle contains scorched portions of hot cakes, rub it with salt and a brick until smooth, then with a dry cloth.

Pastry flour makes the best griddle cakes. When bread flour is used, a small amount of cornstarch may be substituted for a like amount of flour. Although well-beaten eggs, baking powder, or soda and sour milk, are the factors that produce light, digestible griddle cakes, the beating done when making the batter is important, as this incorporates in the batter air cells which, upon heating, expand and render the cake light.

Serve the hot cakes as soon as they are done, between two hot dishes, and send syrup and butter separately.

Recipes for Griddle Cakes

SWEET MILK GRIDDLE CAKES:

- | | |
|----------------------------------|----------------------------------|
| 1 cup sifted flour | 1 well-beaten egg |
| 1 rounded teaspoon baking powder | $\frac{3}{4}$ cup milk |
| $\frac{1}{3}$ teaspoon salt | 1 teaspoon melted butter or lard |

Mix and sift the ingredients in a bowl, make a depression in center, and turn in the beaten egg and half of the milk, beating constantly until smooth; then, beating with a wire egg-beater, slowly add the remaining milk and the butter. Beat well.

SOUR MILK GRIDDLE CAKES:

- | | |
|-------------------------------------|-------------------------------|
| 2 cups (scant) sifted flour | $1\frac{1}{2}$ cups sour milk |
| $\frac{1}{3}$ teaspoon salt | 1 well-beaten egg |
| $1\frac{1}{2}$ teaspoon baking soda | |

Sift the dry ingredients together, and proceed as in preceding recipe.

CORN MEAL GRIDDLE CAKES:

- | | |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ cup cornmeal | $\frac{1}{2}$ cup flour |
| $\frac{1}{2}$ teaspoon salt | 2 level teaspoons baking powder |
| 1 pint scalded milk | 1 well-beaten egg |
| 1 tablespoon sugar | |

Scald milk in a double boiler, with the salt. While beating with a wire egg-beater, dredge in the cornmeal, cook 10 minutes, and cool. Sift flour and baking powder, and add and beat it into first mixture, then, beating, add the egg. At option, beat in a tablespoon of melted butter.

BREAD CRUMB GRIDDLE CAKES:

- | | |
|----------------------------------|--------------------------------|
| 1 cup bread crumbs | 1 tablespoon sugar |
| 2 cups sweet milk | $\frac{1}{3}$ teaspoon salt |
| 1 cup sifted flour | 2 egg-yolks, beaten |
| 1 rounded teaspoon baking powder | 2 egg-whites, beaten stiff-dry |
| | 1 tablespoon melted butter |

Soak the bread crumbs in the milk for 10 minutes. Sift the dry ingredients together, and beat in the yolks and half of the milk mixture. Beat until smooth, and continue beating while adding the remaining milk and butter. Lastly, fold in the egg-whites.

RICE GRIDDLE CAKES:

- | | |
|-----------------------------|----------------------------|
| 1 cup sifted flour | 1 cup milk |
| 3 teaspoons baking powder | 2 cups left-over rice |
| $\frac{1}{4}$ teaspoon salt | 1 tablespoon melted butter |
| 2 eggs, beaten very light | |

Same process as for "Sweet Milk Griddle Cakes," only add the rice last and beat well.

BUCKWHEAT GRIDDLE CAKES:

Dissolve $\frac{1}{3}$ cake of fresh yeast in $\frac{1}{4}$ cup of lukewarm water, and let stand until top is full of bubbles. Put in a bowl 2 cups of buckwheat flour, add $\frac{1}{2}$ teaspoon of salt, 1 level teaspoon flour, and as much sugar. Add the diluted yeast and enough lukewarm water to obtain a

rather soft batter. Beat well. Set to rise, covered, over night. In the morning add $\frac{1}{6}$ teaspoon of soda dissolved in a little hot water, and stir into the risen mixture to obtain a thin batter. If desired, before adding the dissolved soda, take about $\frac{2}{3}$ cup of the risen mixture and reserve it in a cold place until evening or evening of next day, at which time add $1\frac{1}{2}$ cups of buckwheat flour, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of flour, 1 teaspoon of sugar, and sufficient lukewarm water to obtain a soft batter. Set to rise, covered, over night. This may be repeated indefinitely, or until the batter sours.

Waffles

When the waffle iron is new it should first be thoroughly heated, then wiped thoroughly with a dry cloth, then thoroughly greased, else it will stick. The iron should fit exactly on range or gas burner. Heat the iron thoroughly on one side, turn and heat the other side, then apply vegetal oil on both sides, or rub the plates with a piece of suet or with a lump of lard or Crisco incased in a cloth. Aluminum plates do not need to be greased, which does away with any smoke or unpleasant handling of melted fat. The first time they are used they are oiled with a little vegetable oil but afterwards, during the baking, no oil is needed. As the waffles thus baked do not absorb fat it is desirable to add a little more melted shortening when making a batter to be baked in aluminum plates.

The batter should be of a thick creamy consistency in order that it may spread easily and bake crisp. Ordinary sized waffle irons will require about $1\frac{3}{4}$ 'basting-spoonfuls of batter. Drop the batter around the center of the iron. If the iron is properly heated when filled, it should be turned after a half-minute onto the other side, then baked on other side until waffle is golden-brown. Repeat the turning over as needed to brown evenly. Waffles baked in this manner will be crisp provided the batter is not made with rich milk or cream. The fire should be rather brisk. Serve hot with maple syrup and butter.

WAFFLES:

The following recipe is given with water as the liquid, because water gives a tender crisp waffle, but skimmed milk may also be used. The amount of flour is just right to obtain a crisp waffle, but if the waffle iron is sticky a trifle more flour must be used. Grease the iron with oil.

| | |
|---------------------------|----------------------------|
| 1½ cups pastry flour | 2 eggs, beaten very light |
| 3 teaspoons baking powder | 1 teaspoon vanilla extract |
| A dash of salt | 1 tablespoon melted butter |
| 1 cup cold water | |

Sift the dry ingredients together. Beat in half of the water, beating until smooth; continue to beat while slowly adding the remaining water, the eggs, and the butter and vanilla.

ALMOND WAFFLES:

Add to a Waffle batter some Almond Macaroon crumbs, rolled fine.

Biscuit Making

The flour should always be sifted several times with the baking powder or soda, and other powdered ingredients if they are entered. It is difficult to determine the exact amount of liquid needed, owing to the diversity in flours. As a rule, $\frac{1}{3}$ cup of liquid absorbs 1 cup of flour in making a soft biscuit dough. Butter makes the best biscuits, but in small proportions, good sweet lard or Crisco may be used, alone or in combination with the butter.

When Using Sweet Milk, 2 level teaspoons of baking powder will be required to each cup (4 ounces) of flour.

Work the shortening with a knife or tips of the fingers into the mixture until it forms fine crumbs, then, stirring with a silver knife, gradually add the liquid. Arrange to obtain a soft dough quickly. Lightly toss on a slightly floured board, gather the crumbs, lightly pat, and roll to $\frac{1}{2}$ inch in thickness, using the rolling pin lightly and working quickly.

As the crust is the best part of hot biscuits, shape the biscuits with a small cutter and arrange them in a

baking-pan polished with oil, 1 inch apart, so they may rise without running one into the other. Brush with some melted butter or milk, and bake at once in a hot oven, from 12 to 13 minutes. Large biscuits may require 15 minutes for baking.

When Using Sour Milk or Buttermilk, the soda will be the leavening factor. Use $\frac{1}{2}$ teaspoon of soda to each cup of sour milk, although the acidity of the milk may be neutralized by using $\frac{1}{4}$ teaspoon of soda to 1 cup of sour milk or buttermilk, and 1 teaspoon of baking powder to each cup of flour.

The inexpensive biscuit dough has the advantage of being quickly mixed and baked, and lends itself to a great variety of bread as well as many palatable sweets. Example: Rub half a cube sugar on a lemon or orange rind, then put it in center of a shaped biscuit. Bake as usual. The resulting biscuit may be served cold or hot at tea.

Recipes for Biscuit and Shortcakes

BISCUIT, I:

| | |
|---------------------------------|---|
| $1\frac{1}{2}$ cups flour | $1\frac{1}{2}$ tablespoon butter, or part |
| 3 level teaspoons baking powder | lard |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk, or part water |

Sift the dry ingredients together, work the butter into the flour with the tips of the fingers, then, stirring with a silver knife, gradually add the liquid. Toss on a board slightly dusted with flour, lightly pat, and roll to $\frac{1}{2}$ inch in thickness. Shape with a small cutter, arrange 1 inch apart in a baking-pan polished with oil, brush with melted butter or milk, and bake at once in a hot oven 12 to 13 minutes.

BISCUIT, II:

Same as preceding, only melt the shortening and add it at the same time as the milk.

STRAWBERRY SHORTCAKE:

| | |
|---------------------------------|---------------------------------------|
| 2 cups sifted flour | 1 teaspoon sugar |
| 4 level teaspoons baking powder | 2 ounces or $\frac{1}{4}$ cup butter |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk, or half water |

Sift the dry ingredients together, and with the mixture and the other ingredients, proceed as directed at "Biscuit I." Pat lightly and divide the dough into even halves. Pat and roll down to about $\frac{1}{3}$ inch thick, sheets of even size and shape. Arrange in an oiled tin of same size, and bake in a hot oven about 12 minutes. Spread between layers and over cake, about $1\frac{1}{2}$ cups of hulled strawberries, with powdered sugar to suit taste. First dredge the sugar over the berries, set them in the warmer awhile, and crush the berries.

Whipped cream sweetened to taste may be spread over the berries, or, leaving out the whipped cream, serve the cake with a Marshmallow Sauce for Pudding. Or, again, substitute for the berries a Strawberry Whip.

Other Shortcakes: Following the directions given in the preceding recipe, a variety of shortcakes may be made by using fresh or canned berries, apricots, pineapple, or sliced oranges, bananas, etc. If canned fruits are used, serve the shortcake with a sauce made of the drained fruit liquor thickened with a little cornstarch diluted with a little cold water, or with arrowroot; then beat into the finished sauce a few small bits of butter.

CINNAMON BISCUIT:

| | |
|---------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups flour | $\frac{1}{3}$ teaspoon cinnamon |
| 3 level teaspoons baking powder | $\frac{1}{4}$ cup currants |
| $\frac{1}{3}$ teaspoon salt | 2 tablespoons' butter, or part lard |
| 2 tablespoons sugar | $\frac{1}{2}$ cup milk |

Sift the dry ingredients together, work in the shortening with the tips of the fingers, add the currants, and, stirring with a silver knife, gradually add the milk. Proceed as for "Biscuits."

ROLLED RAISIN BISCUIT:

Leaving out the currants, make a paste as directed in the preceding recipe. Roll out into a rectangle, $\frac{1}{2}$ of an inch thick. Arrange over this about $\frac{1}{3}$ cup seeded raisins, dredge with 1 tablespoon of sugar, mixed with

a dash of cinnamon, and dot with many very small bits of butter. Starting with the long side of the rectangle, roll it, as for "Roly Poly," lightly pat to press in shape, then cut across into pieces $1\frac{1}{4}$ inches thick. Arrange in a greased pan 1 inch apart, brush with melted butter, and bake in a hot oven about 13 minutes.

CHAPTER XXXII

CONFECTIONS

TESTS OF THE BOILING SUGAR, AND DEGREES OF HEAT—BOILING SUGAR FOR CONFECTIONS—FONDANT—BOILING SUGAR TO THE "CRACK" OR "CRACKLING" POINT—SPINNING SUGAR AND SHAPING EGRETS FOR GARNISHING ICE CREAM, CAKES, NOUGATS, ETC.—RECIPES FOR NOUGATS—CARAMELS—PINOCHÉ, FUDGE, ETC.—DIPPING IN CHOCOLATE AND IN FONDANT—MOLASSES CANDY, BUTTERCUPS, BAR CANDY, AND PRALINES, ETC.—CANDIED FRUITS AND FRUITS CONFITS—SUGAR SYRUPS AND USE OF THE SYRUP HYDROMETER.

COMMERCIAL sugar is extracted from sugar cane, beets, and the maple sugar tree. These products are manufactured into and come on the market in the form of brown, cube, granulated, loaf, confectioners', powdered, or bar sugar, syrup or molasses, and maple sugar or maple syrup.

Of the different brands of commercial glucose, which is a mixture of grape sugar, maltose and dextrins, we will only mention the confectioners' glucose which will be called for in this book.

Degrees of Boiling Sugar

There are eleven tests of boiling sugar, of which we will only mention seven, as follows:

(1) **Small Thread, 215° F.** Press a little of the boiled syrup between the thumb and finger, then spread the fingers apart and draw a thread that will break at once and return to the drop.

(2) **Large Thread, 217° F.** Same tests as preceding, only the thread will draw out longer.

(3) **Small Ball, 238° F.** Dip in cold water a little of the boiled sugar taken up on the point of a wooden stick. Roll between the fingers into a soft ball.

(4) **Large Ball, 248° F.** The same test as preceding, but producing a hard ball.

(5) **Small Crack, 290° F.** Dip a little of the sugar in cold water. Tested between the teeth, it will break and stick, and "crackle."

(6) **Crack, 310° F.** Tested as above between the teeth the sugar will yield with a crackling sound and will not stick.

(7) **Caramel, 350° F.** Boil the sugar a little longer than to the "crackling" point, when it will give out a slight caramel odor. As soon as the boiling sugar has assumed a golden-brown color, place the pan in a basin containing cold water, to stop the boiling and prevent burning. Sugar begins to burn at 351° F.

Boiling Sugar for Confections

Always select a clear, dry day for boiling sugar for confections, as on damp days or in a damp atmosphere there will be steam in the kitchen, and this must be avoided. Boiling sugar has a strong tendency to return to the granulated stage, and this must be guarded against. The addition of a very little cream of tartar, or acetic acid in the form of lemon juice, will render the boiling sugar less liable to granulate, but if it does begin to granulate, add at once a little water and boil as before.

To boil the sugar, put in a copper or graniteware saucepan say one cup of water and set over the fire. Pour in a pound of sugar, stir until dissolved, bring to a boil, and boil to the desired degree, adding a few drops of lemon juice. If grains form on the side of pan, wipe them away with a wet cloth wrung out in its own water, else they will mix with the boiling sugar, which will granulate the whole mass. Watch the boiling sugar carefully, and as soon as the desired degree is obtained, place the bottom of pan at once into cold water.

When beginning to boil, it is best to put the sugar over a quick fire; but as soon as it reaches the "Thread" stage, remove to a slower fire, as the different stages will then follow each other very quickly. If the sugar has been boiled too long, add a little water and boil as before.

FONDANT:

1 pound sugar
 $\frac{2}{3}$ cup water

2 drops lemon juice or a dash
of cream of tartar

Boil the sugar as directed above. As soon as large bubbles appear on top, it is nearing the "Soft Ball" stage. Watch carefully and test as directed until a little of it dropped into cold water may be rolled between the moistened fingers into a soft ball just thick enough to retain its shape. Then turn at once onto a slightly oiled marble slab or large platter. Let stand two minutes, and before the edge begins to harden, work with a wooden spatula, lengthwise, folding the sugar onto center, and, using a steel scraper, gather the edges onto the middle while still soft, as these, when they get hard, must be worked together separately. Work the fondant until white and creamy, and as soon as it begins to crumb, work it with the hands until smooth. Gather and arrange in a bowl, and cover with an oiled paper.

To Use Fondant for icing small cakes, take as much Fondant as you need, put it in a small saucepan, and melt over hot water. If too thick soften it with a little 30° Sugar Syrup. Color and flavor the Fondant to harmonize with the cake. Take the small cakes on a carving-fork and dip them in Fondant to about five-sixths of their height, then slip the unfrosted part of the cake onto board.

These cakes may be ornamented with nuts, candied fruit or violets, angelica, etc. Large cakes may be cut into all kinds of shapes and frosted in the same manner.

Boiling Sugar to the "Crack" or "Crackling" Point

For confections, use confectioners' sugar.

Select a dry day and avoid damp atmosphere caused by steam.

Put $\frac{1}{4}$ cup of water in a graniteware saucepan over the fire. Turn in $1\frac{1}{2}$ cups of granulated sugar, stir until dissolved, add 2 drops of lemon juice or a dash of cream of tartar, and boil undisturbed to 310°, or the "Crackling" stage. Carefully wipe off with a wet cloth wrung out in its own water any grains forming on the side of pan. To test the boiling sugar, have at hand a small

stick and a bowl of cold water, and with the stick drop a little of the sugar into the cold water. If it has been boiled to the right degree, it will give a crisp, crackling sound, and when tested between the teeth it will break readily and will not stick. At once stop the boiling by dipping the saucepan in a little cold water, as otherwise the boiling sugar will quickly advance to a higher degree, which must be avoided. Take care, when boiling sugar to the "Crackle," to avoid any burnt parts sticking to the bottom of the pan.

Spinning Sugar and Shaping Egrets for Garnishing Ice Cream, Cakes, Nougats, etc.

Boil some confectioners' sugar to the "Crackling" point as directed in preceding article, and as soon as the sugar has reached the desired degree, stop its cooking by dipping the saucepan in cold water. Take out of a fish boiler the loose false bottom with large holes, invert it, set in the holes some wooden spoons or sticks, lightly dip the edge of a bushy wire egg-beater into the slightly cooled sugar, then shake the sugar back and forth over the sticks until you have obtained as much spun sugar as needed, carefully removing and shaping this as soon as formed.

To Shape Egrets, arrange the spun sugar on a slab and cut into even lengths; gather and shape as a bouquet, or, rather, as Egrets. These are fastened on molded Nougat, Iced Bride or Wedding Cake, with the same uncooled sugar that has been used. Occasionally this sugar is shaped like a nest, or it may be piled on a dish.

Spun sugar may be colored by adding to the boiling sugar the desired coloring.

Recipes for Nougats

FRENCH NOUGAT (Molded in Basket Shape or Horn of Plenty):

Shred a pound of blanched almonds, and heat in a slow oven. Put over the fire in a bright frying-pan 1 pound of confectioners' sugar and stir and cook until

thoroughly melted, adding a tablespoon of lemon juice, then stir in the hot almonds. Pour on a slightly oiled marble and roll down with a rolling-pin, then line the mold, with a whole lemon pressing the still hot sugar-almond sheet of paste against the side of the mold in order that it may form into the mold's shape. When thoroughly cooled, unmold on a dish. The mold used may be a basket or horn-of-plenty. If the nougat gets too cold spread it on a pan and set it a while in a hot oven.

The finished article may be filled with candied fruits or bonbons, or ornamented with an Egret as in preceding article.

NOUGAT:

Pour a boiling almond-sugar mixture, as directed in preceding article, onto a marble slab, slightly oiled. Using a confectioners' scraper, fold the spreading paste, keeping it constantly in motion until nearly cooled, and rolling it into the shape of a round stick $\frac{2}{3}$ inch thick. When cooled, snap with a butcher knife into pieces 1 inch long. If desired, dip in chocolate as directed at "Dipping in Chocolate."

Caramels

CHOCOLATE CARMEL (Soft):

- | | |
|--|-------------------------------|
| 1 pound sugar | 1 teaspoon vanilla |
| $1\frac{1}{3}$ cups cream | 1 tablespoon honey or glucose |
| 3 ounces unsweetened chocolate, grated | |

Put sugar, cream, and chocolate in a saucepan over a slow fire, stir and cook until thoroughly melted, strain through a fine sieve into a saucepan, add the vanilla and honey, then cook to the "Crackling" point, or until a little of it tried in cold water can be rolled into a hard ball. To avoid scorching, it may be best to gently stir bottom with a wooden spatula, then wipe sides of pan as needed. Pour mixture about $\frac{1}{2}$ inch thick onto an oiled square pan placed on a marble; let it cool a little, then cut part way through in about inch squares, using a sharp knife brushed with oil. When cold and hard,

wipe the caramel with silk paper to remove the oil. Break apart and wrap in white wax paper.

VANILLA CARAMEL À LA CRÈME:

1 pound sugar
1 cup cream

$\frac{1}{2}$ vanilla bean, or 1 teaspoon
vanilla extract

Cook sugar, cream, and vanilla bean over a slow fire until sugar is dissolved. Carefully cook over a quicker fire, gently and occasionally stirring the bottom with a wooden spatula to avoid scorching, and wipe sides of pan as needed, while cooking to the "Crackling" point, when a little of it tried between the teeth will crack sharply and will not stick. Pour in a layer $\frac{1}{2}$ inch thick into a slightly oiled square pan placed upon a marble, and proceed as directed in the preceding recipe. Wrap in wax paper.

COFFEE CARAMEL:

1 pound sugar
1 cup cream

$\frac{1}{8}$ cup very strong coffee

Same process as in recipe above, except, leaving out the vanilla, add the coffee to the cooking mixture. As soon as it nears the "Crackling" stage, then boil it again to the "Crackle," finishing as directed above.

CARAMEL TRANSPARENT:

Put $\frac{1}{3}$ cup of water in a saucepan over the fire, and pour in 1 pound of sugar. Carefully stir until sugar is dissolved, add a few drops of lemon juice or a dash of cream of tartar, and boil undisturbed to the "Small Crack," tested as directed at "Tests of Boiling Sugar." Add a tablespoon of vanilla or orange blossom water, in which a little carmine coloring has been dissolved, and finish boiling the sugar to the "Crackling" point as directed. During the cooking, wipe the sides of pan as needed. As soon as done, pour into a slightly-oiled square tin as directed at "Chocolate Caramel (Soft)," and finish as there directed.

Pinoche, Fudge, etc.

PINOCHÉ:

- | | |
|------------------------|------------------------------|
| 1 cup granulated sugar | 1½ teaspoons vanilla extract |
| 1 cup brown sugar | 1 cup walnuts or pecans |
| ½ cup thin cream | |

Add the cream to the sugar, stir until sugar is dissolved, and cook to the "Soft Ball"; then add the vanilla and nuts, and beat until creamy. Pour ½ inch thick into a square tin polished with oil. When hard, cut into squares, wipe the oil off with silk paper, and wrap in wax paper.

HONEY CANDY:

- | | |
|----------------------|---------------------|
| 1 cup strained honey | 1 tablespoon butter |
| 1 pound brown sugar | ¼ cup milk |

Boil all the above ingredients together until a drop in cold water can be rolled to a soft ball, then remove at once and beat until thick. Pour ½ inch thick in square tins polished with oil, cut into squares, wipe oil off with silk paper, and wrap in wax paper.

PECAN OR WALNUT CHOCOLATE FUDGE:

- | | |
|--------------------------------|---------------------------------|
| 2 cups sugar | 1 tablespoon butter |
| ½ cup thin cream or milk | 1½ teaspoons vanilla |
| 2 ounces unsweetened chocolate | 1 cup chopped pecans or walnuts |

Melt the chocolate and butter over hot water, stir in the sugar and cream, then boil to the "Soft Ball," add the nuts and flavoring, and beat until creamy. Pour ½ inch thick into oiled square tins. When hard cut into squares, wipe with silk paper, then wrap in wax paper.

Dipping in Chocolate and in Fondant

Break some confectioners' chocolate, at least a pound, into pieces. Put it in the top pot of a double boiler over the fire, with cold water in lower pot. As soon as water is boiling, remove from the fire and stir with a wooden spoon until the chocolate is thoroughly melted. Remove and set pot a few seconds in cold water, then beat gently until light and smooth. Drop the candies in, one at a

time, and using a candy dipper, move them around until thoroughly coated with chocolate, then remove to oiled paper. For dipping bonbons in Fondant, reheat, flavor and color the Fondant as directed at "Fondant," and using a two-tined fork or bonbon-dipper, proceed as directed above.

Molasses Candy, Buttercups, Bar Candy, and Pralines, etc.

MOLASSES CANDY:

| | |
|----------------------------|------------------------------------|
| $\frac{2}{3}$ cup water | 2 drops lemon juice |
| 2 cups brown sugar | 1 tablespoon vanilla extract |
| 1 tablespoon butter | $\frac{1}{5}$ teaspoon baking soda |
| $\frac{1}{3}$ cup molasses | |

Boil the first five ingredients together until a little of the syrup, dipped in cold water, will crack; then beat in the vanilla extract and the baking soda. Pour into an oiled pan and let stand until cool enough to handle, then pull until light-colored and smooth. Cut into small pieces with large, sharp shears.

BUTTERCUPS:

| | |
|-----------------------------------|---------------------------------|
| $1\frac{1}{2}$ cups molasses | $\frac{1}{3}$ cup boiling water |
| $1\frac{1}{2}$ tablespoons butter | 2 drops lemon juice |
| $\frac{3}{4}$ cup brown sugar | |

Boil all the ingredients together until a little of the syrup, dropped in cold water, will crack, then pour into an oiled pan. Let stand until cold enough to handle, then pull until light-colored and smooth. Shape in two long sheets 2 inches wide, cover one with a layer of molasses candy made as above, and arrange the other sheet over it, then gently press both together and cut into even small pieces with large sharp shears. If desired, dip in chocolate as directed at "Dipping in Chocolate."

FRUIT BAR CANDY:

Use either apples, quinces, apricots, berries, peaches, or green gage plums. Berries are colored with a little carmine, plums with green coloring.

Wash fruit, drain, and trim as for cooking. Cook until tender, then rub through a fine sieve. To each cup of pulp add a cup of sugar and cook in a double boiler until very thick. When removing from the fire, flavor apples, quinces, apricots, or berries with a little lemon juice, green gage plums or peaches with a little vanilla; or, if desired, add thinly chopped almonds or pistachios, or citron. Pour a layer $\frac{1}{2}$ inch thick into a square oiled tin and set in a draughty room to dry for 4 or 5 days. Cut to the desired shape and size, and roll in bar sugar, then let stand again in a draughty room until dry, or another 4 days. Pack same as other candy.

PRALINES:

| | |
|---------------------------|---|
| 1 pound plump shelled al- | 2 pounds sugar |
| monds with skins left on | $\frac{1}{2}$ teaspoon powdered vanilla |
| $\frac{2}{3}$ cup water | |

Put the water and sugar in a copper or graniteware saucepan over the fire and boil to the "Soft Ball" stage, then add the almonds at once. Continue to boil the sugar to the "Crackling" point, gently stirring all the while with a wooden spatula, and by the time the sugar has reached the desired degree, the almonds will make a light grating sound. Remove from the fire, and, using a wooden spatula, rub the mixture against the side of the pan, at the same time stirring the almonds until the mixture has assumed a sandy texture as if it were granulating.

Put a colander over a saucepan and turn mixture into the colander, stir until the boiled sugar has been collected in pan underneath, then put the almonds back on the fire in the same unwashed saucepan in which the sugar has been cooked, and stir, gently lifting the almonds with a spatula until grilled or until the sugar begins to lightly caramelize, showing a light golden-brown color. At once carefully turn almonds into the colander, carefully detaching them from each other. Divide the collected sugar into three even portions, and from one third take 6 tablespoons of sugar, adding 3 tablespoons to each of the two remaining parts. Put the first or smallest portion in the saucepan in which the

sugar was boiled, unwashed, add 3 tablespoons of water, rub the sides of the pan with the spatula, and cook the sugar to the "Crack," adding a little of the powdered vanilla; then add the almonds, quickly stir with wooden spatula, and turn into colander, separating the almonds from each other. Turn the second portion of cooked sugar into the unwashed saucepan, add 3 tablespoons of water, and a little vanilla powder, and boil as above to the "Crackling" point. Stir in the almonds and pour into colander, separating them as above. Repeat the same process with the third part of the sugar and the remaining vanilla powder, and detach the almonds in the colander. When dry, pack in can closely sealed, or glacé almonds as below.

The sugar and chopped almonds may be used to make ice cream or pudding "à la Praline."

PRALINE GLACÉ:

Put $\frac{1}{2}$ cup of water in a small saucepan over the fire, add $1\frac{1}{4}$ ounces of Gum Arabic, stir and simmer until dissolved, and reserve. To the pan in which the Praline has been made, as directed in preceding recipe, add $\frac{1}{4}$ cup of water. With this water and a wooden spoon wash side of the pan to melt the sugar adhering to pan. Add the Gum Arabic and boil until reduced to $\frac{1}{3}$ cup. Add the Pralines, and toss or gently stir until they are nicely glacé. Turn them in a strainer and dry in the warmer 40 minutes. Pack, when cold, in cans, closely covered. They will keep for a long time.

If the sugar left in the pan is not available, add $\frac{1}{2}$ cup of sugar to the dissolved Gum Arabic, and boil until it "Sheets."

PEANUT BRITTLE:

1 pound sugar
2 tablespoons water

1 pound shelled roasted peanuts, broken in pieces

Turn the sugar and water into a clean, bright frying-pan, and stirring occasionally, cook until it assumes a light-brown color. Add the peanuts and stir constantly until the mixture has assumed a rich golden-brown color,

then at once put bottom of pan into cold water, or remove pan from the fire just as mixture begins to brown, as the heat of the pan will be sufficient to finish the cooking. Pour onto a marble slab, and when hard and cold break into pieces.

Candied Fruits and Fruits Confits

Candied Fruits and Fruits Confits are confections in which the fruit absorbs a syrup, which at the beginning is a light syrup made with, say, 1 cup of sugar to each 1½ pints of water.

Method: Select firm, sound, ripe fruit (under-ripe rather than over), leaving out any soft fruit. Apricots, plums, cherries, and all fruits with pits are pierced with a carving-fork through to the stone. Then, with a sharp-pointed knife, make a small incision at stem, cut around the stone, taking care not to alter the shape of the fruit, then, using a thin skewer, pierce the fruit at blossom end and force the stone out.

Pear, apples, etc., are punctured in several places to allow the fruit to absorb the syrup. They are then peeled, cut into half, carefully cored, and at once immersed in cold water with some lemon juice added to prevent discoloration.

Put the prepared fruit in a kettle over a slow fire, adding cold water to cover. Bring it just to a bubble and simmer a few minutes or until slightly soft. Using a skimmer, remove softest fruit first, which will rise to top. Lift out as they soften and at once immerse in cold water; then put in enough cold water to cover and let stand 2 hours, keeping constantly cool by adding iced water. If using canned fruits, such as pineapple, apricots, etc., it is not necessary to blanch them.

Thoroughly drain the fruit, and arrange in a stone crock. Make a syrup in the proportions given above, using enough ingredients to thoroughly cover the fruit. Boil until clear, and gently pour, boiling hot, over the fruit; set on top a light dish to keep immersed without altering shape of fruit, then set in a cold place for 24 hours. Next day drain the fruit thoroughly of syrup, put the syrup in a kettle over the fire, and add to a

syrup, made in the proportions given above, $\frac{1}{2}$ cup of sugar; stir until dissolved, boil until clear, and pour boiling hot over fruit arranged in crock. Cover as before, and set in a cold place 24 hours. Repeat the same process every 24 hours adding sugar as above, until the syrup is of the consistency of thick honey, then cover and set a light dish on top to keep constantly immersed in syrup. Set in a cold, dry, dark place for a week or longer.

Fruits Confits: Carefully lift the fruit out of the syrup, arrange on a wire screen, and let dry a few hours in a draughty room. Serve the same day on a dish as dessert with cake. Fruit Confits will keep indefinitely if packed hot and overflowing in hot sterilized jars, sealed the same as canned fruits.

Candied Fruits: Drain the fruit same as for Fruit Confits and let stand in a draughty room until they have lost their stickiness and have partly dried. This will require about 10 days. The finished product should be semi-transparent, free of sugar crystals, of natural size and shape, and have a glazed appearance. Pack in box. The syrup used to make Candied Fruit should not be wasted, as it may be used over again for candied fruits or utilized to make Parfaits, Soufflés, Water Ice, etc.

Candied Fruits may also be prepared as explained in the following recipe.

CANDIED GREEN GAGE PLUMS:

Select some firm green gage plums rather under-ripe than fully ripe, or that still have a green spot. Prepare, puncture, pit, blanch, drain, and immerse the plums for 2 hours in cold water as directed above, and thoroughly drain over a wire screen open side down. Use 10 or 11 pounds of fruit to 8 pounds of sugar. Put 4 quarts of water over the fire in a preserving kettle, turn in the sugar, stir until dissolved, and boil until clear. It will improve the flavor of the fruit to add to the syrup half a vanilla bean. Carefully turn in the fruit, bring to a bubble, and let simmer just a minute in order that the fruit may absorb the syrup, then set in

a cold place for 24 hours, gently placing on top of fruit a light dish or screen to keep it immersed without altering shape. Next day carefully drain the fruit of syrup, and boil this syrup in a kettle about 15 minutes or until it registers on a Beaume hydrometer about 24°. Arrange the fruit in an earthen crock, and pour in the boiling hot syrup. Set it aside as above for 24 hours. Repeat the same process next day, boiling the syrup 10 minutes, and repeat every consecutive day until the syrup has attained the consistency of thick honey; then let the fruit stand immersed in its own syrup at least a week. The cold syrup should register 38° on a Beaume hydrometer.

For Fruits Confits, drain the fruit, arranged on a wire screen, for a few hours in a draughty room. Serve on a dish with cake as dessert.

For Candied Fruits, drain the fruit on a wire screen open side down, and let stand in a draughty room 7 to 10 days or until it has lost its thickness, then pack in a carton box.

CANDIED APRICOTS:

Proceed as directed at "Candied Green Gage Plums," leaving out the vanilla bean. Select firm sound apricots, which still have a slight green spot. Run carving fork through green spot to stone, and puncture the other side also.

CANDIED PEARS:

Proceed as directed at "Candied Green Gage Plums." Select firm pears that are still a little crisp when eaten raw, therefore a little under-ripe. Puncture each pear in several places, peel, and cut into even halves, then neatly core, and immerse at once in cold water, adding a little lemon juice to prevent discoloration.

CANDIED CHESTNUTS:

Order some choice French or Italian chestnuts. Using a sharp knife, carefully slit the first skin and remove it, then put the chestnuts over a slow moderate

fire in a kettle, well covered with cold water, and heat the water until it threatens to boil, but never actually boils, for 2 hours. Drain and remove second skins. For $1\frac{1}{2}$ pounds of chestnuts, put in a kettle over the fire 1 quart of water and 2 tablespoons of glucose, and 2 pounds of sugar. Stir until dissolved, and boil until clear. Gently turn in the chestnuts, and let stand until it just gives a bubble. Remove and set kettle in a cold place for 24 hours, placing a light dish on top to keep them immersed. Finish as directed at "Candied Green Gage Plums."

CANDIED ORANGE PEEL:

Peel 6 oranges and cut the skin in quarters. Arrange in an enameled saucepan with enough cold water to cover. Bring to a boil and simmer slowly until tender, then drain. Neatly remove all the white substance and cut the peel into thin strips. Boil $\frac{3}{4}$ pound of sugar in $\frac{1}{2}$ cup of water until it spins a thread, adding a few drops of lemon juice; then add the orange peel, bring to a boil, and simmer 5 minutes. Drain off syrup and roll the peel in granulated sugar. Reserve the syrup, as you may use it to make a sauce for Rice Pudding, etc.

ALMOND OR PISTACHIO PASTE, I:

This paste is used to stuff fresh fruits that are to be eaten the same day. Usually, when stuffed, they are frosted. Proceed as directed at "Frosting of Candied or Fresh Fruits."

4 ounces blanched almonds
or pistachio nuts

8 ounces sifted confectioners'
sugar

Put the almonds through the nut grinder. Boil for 5 minutes 3 tablespoons of sugar with 3 tablespoons of water. Remove, and add a teaspoon of vanilla extract. Allow this syrup to cool, and while pounding the nuts in a mortar gradually add just enough syrup to obtain a very fine soft paste; then, stirring with a wooden spoon, add very gradually enough of the sugar to obtain a stiff paste that may be rolled on a slab dusted with icing sugar, into several sticks the thickness of a very

small toy broomstick. Cut these into small pieces, and roll them on slab under the hand, shaping into small balls to fit in the cavities made in the pitted dates, seeded malaga raisins, or canned apricots or peaches. If using the latter, put together the two halves to give fruit its natural shape. Fresh fruit, pitted, may be used if desired. Frost as directed at "Frosting of Candied and Fresh Fruits."

If pistachio nuts are used, add, while pounding the nuts, a little green coloring. For coffee-flavored almond paste use a syrup made with 3 tablespoons each of sugar and strong coffee. For a chocolate flavor, add to the vanilla-flavored almond mixture a little confectioners' chocolate melted over hot water.

ALMOND OR PISTACHIO PASTE, II:

Utilized to stuff nuts, candied fruit, etc.

1½ cups sugar
¼ cup water

5 scant ounces almonds or
pistachio nuts
Flavoring as desired

Put the nuts through a grinder as directed in preceding recipe. Pound in a mortar, at the same time adding the flavoring, which can be 2 teaspoons of vanilla extract or orange blossom water, or 2 tablespoons of very strong coffee or essence of coffee. The nuts need not be pounded fine. Boil the water and sugar to the "Small Crack" (see "Boiling Sugar to the 'Crack'"), and pour it onto the nut mixture boiling hot, while stirring with a wooden spoon. Thoroughly cool, then pound it so it may be easily handled, and roll portions of it on a slab dusted with sifted icing sugar into same shape as a small toy broomstick. Cut off small balls, which, rolled under the hands on a slab dusted with sugar, will fit into cavities of pitted dates, seeded muscat raisins, candied fruits, etc.; then frost as directed at "Frosting of Candied and Fresh Fruits." These will keep several days.

STUFFED ALMONDS, FROSTED:

Using an almond paste made as in preceding recipe, shape as there directed into oval balls size of an almond,

then press half an almond into each side, and frost it as directed at "Frosting of Candied and Fresh Fruits."

STUFFED WALNUTS:

Proceed as directed in preceding recipe, shaping the balls larger and pressing into each side half a walnut meat.

FROSTING FOR CANDIED AND FRESH FRUIT:

Candied fruit stuffed with an Almond or Pistachio Paste I or II, or the stuffed fruit of the three preceding recipes, also such fruit as strawberries, sections of orange or mandarin, preserved pineapple, etc., are often frosted as follows: Have ready some sugar boiled as directed at "Boiling Sugar to the 'Crack,' " also the prepared fruit, and some long pins or skewers. As soon as the sugar has reached 310° or the "Crackling" point, quickly dip the fruit into it, taking up each piece at the end of a skewer; then place the end of skewer into the hole of an inverted purée strainer, or drain upon an oiled paper.

The fruit surface must be perfectly dry to be frosted as above.

Sugar Syrups and Use of the Syrup Hydrometer

Sugar syrup may be prepared and kept closely sealed in sterilized jars to be used as needed. There are so many occasions for using sugar syrup that no household should be without a syrup hydrometer, which is indispensable in determining accurately and quickly the degree of consistency, which otherwise is always more or less a matter of guesswork. This instrument is called for in making confections and cakes, punches and sherbets, and in making candied fruits, etc.

To use a syrup hydrometer, fill three-fourths full a long, narrow, cylindrical glass receptacle which will hold as little syrup as may be necessary for testing. Let the hydrometer gently dip into the syrup, allowing it to go down slowly by its own weight, and taking care not to let it go down more than the degree it registers, otherwise, if any portion of the hydrometer, above the degree

registered, is moistened with the syrup, the moistened upper part will render the gauge heavier and it will not register the right density. If it registers more than the desired degree, add a little water, and if it registers less, boil the syrup a little longer.

GUM ARABIC SYRUP:

1 pound sugar

1 $\frac{2}{3}$ cups water

1 $\frac{1}{4}$ ounces gum arabic

2 tablespoons orange blossom
water

Boil a cup of the measured water with the sugar until clear. Thoroughly dissolve the gum arabic in the remaining water, in a small saucepan over the fire, combine it with first mixture, add the flavoring, and strain through a fine sieve; then boil until it registers, hot, 32° Beaume. Let cool, skim, then pour in dry bottle and closely seal. Reserve for brushing cakes, Petits-Fours, etc., to give them a sparkling glacé.

CARAMEL SYRUP:

Utilized to make puddings, ice cream, mousses, or sauce for same, also to make cakes or frosting or filling for same.

This syrup should never have the least burnt flavor or all its rich delectable flavor will be ruined. To obtain this result, proceed as follows: Wipe a clean frying-pan, set it over a quick fire, and add $\frac{1}{4}$ cup of water, 2 drops of lemon juice and 1 pound of sugar. Cook and stir until the sugar is dissolved, then boil until it begins to color. From this time on lift the pan occasionally and place bottom of pan into cold water in another pan, to lower the temperature, then return it over the fire and cook until it has browned a little more. Repeat until it has assumed a rich clear brown color. To prevent burning, very carefully and gradually add a scant cup of hot water, scraping bottom and sides of pan with a palette, and boil 3 minutes.

This syrup will keep indefinitely in a jar tightly covered. It is improved by adding half a vanilla bean.

LEMON SYRUP:

- | | |
|-------------------------------|---|
| 1 pound sugar | $\frac{1}{2}$ teaspoon pulverized sour salt |
| $1\frac{2}{3}$ cups water | (citric acid) |
| 2 or 3 lemons, juice and rind | |

Boil the sugar and water 15 minutes. Strain the lemon juice through a fine sieve, add it to the hot syrup with the lemon rind grated exclusively from the outer skin, and let it infuse until next day. Re-heat the syrup, add the sour salt, strain through a fine sieve, and keep in jars or bottles closely sealed. Use to make lemonade, diluted with filtered water iced, or utilize it to make Fruit Cocktail, Punch, etc.

ORANGE SYRUP:

- | | |
|------------------------------------|---------------------------|
| 1 pound sugar | 2 oranges, juice and rind |
| $1\frac{3}{5}$ cups filtered water | 1 lemon, juice and rind |

Same process as in preceding recipe. Used as above to make lemonade or soft drinks.

ALMOND SYRUP (ORGEAT):

- | | |
|-------------------------|-----------------------------------|
| 4 ounces almonds, sweet | $1\frac{1}{2}$ cups boiling water |
| 1 ounce almonds, bitter | 1 tablespoon orange blossom |
| 2 pounds sugar | water |

Blanch the almonds and remove skins. Pound to a mush, adding a little of the measured sugar and water. Put the almonds in an enameled saucepan, and, while stirring, very slowly add the boiling water. Pour in a jelly bag, squeeze out liquor into a saucepan, add the sugar, stir over the fire until the sugar is dissolved, and boil about 15 minutes. Remove from the fire, add the flavoring, and strain through a fine sieve. Let cool, skim, and pour in dry bottles, and seal. Used to make soft drinks.

CURRENT OR RASPBERRY SYRUP:

- | | |
|---|-----------------------------|
| 1 pint currant or raspberry juice, filtered | $1\frac{1}{2}$ pounds sugar |
|---|-----------------------------|

Put half of the fruit juice in an enameled kettle over the fire, pour the sugar into center, stir until dissolved, and boil 15 minutes. Remove. Add the remaining juice, and set in hot water to sterilize 20 minutes at about 185° F. Used to make soft drinks.

RASPBERRY VINEGAR:

2 quarts raspberries
1½ pounds sugar

1 cup mild white wine vinegar
or cider vinegar

Put half of the berries in an earthen bowl, add the vinegar, closely cover, and keep in a cold place until next day. Strain, pour liquor on the remaining berries arranged in bowl, and set as before in a cold place until next day. Turn into a jelly bag, and drip into an enameled saucepan, set it over the fire, pour onto center the sugar, stir until dissolved, and boil until clear. Keep in bottles closely corked.

CHAPTER XXXIII

FRUITS AND FRUIT JUICES

PREPARATION OF FRUITS FOR THE TABLE, AND SERVING—
FRUIT JUICES AND THEIR USES—MAKING OF FRUIT
JUICES FOR BEVERAGES—BOTTLING AND STERILIZING
FRUIT JUICES—GRAPE JUICE.

FRUITS are cheapest and best in season. Avoid eating unripe fruit or fruit which is beginning to decay. Nearly all fruits should be wiped or rinsed before serving. Always stew or bake fruits in earthen or graniteware pans, as any iron or tin material coming in contact with fruit juices may develop some poisonous substance.

Preparation of Fruits for the Table, and Serving

A variety of choice fresh fruit arranged on a large fruit receptacle is most attractive and appetizing, especially when some of the green leaves of the fruit are used as a garnishing. As fresh fruits are more or less covered with dust, they should nearly always be rinsed and then thoroughly drained. They are best when chilled.

Fresh pears and apples are polished, chilled, and arranged on a garnishing of their own leaves, or on grape or strawberry leaves. Raspberries, blackberries, loganberries, and occasionally strawberries, freed of their hulls, are immersed a few seconds in fresh water, then drained at once.

A dainty, pleasing way to serve choice strawberries picked by clean hands is to pile them up with their hulls left on, on a dish garnished with their own washed leaves. Pile on each leaf a helping of powdered sugar.

Grapes are always rinsed in cold water, then thoroughly drained, and arranged on their own leaves.

Grape fruit and oranges are cut in halves crosswise; then, using a special fine saw-edged sharp-pointed knife, remove the seeds and the tough membrane or skin which holds the pulp, cutting the pulp loose without detaching

it, then cutting the edge of the rind into saw-tooth shape. Chill, and serve each half on a leaf. When grape fruit is served with sherry, pour a tablespoonful of it on each half grape fruit, one hour before serving, and chill.

Peaches, apricots, etc., are peeled, then sliced lengthwise, running knife as far in as the stone. Arrange in a crystal glass and dredge over with powdered sugar.

Fruit Juices and Their Uses

Sterilized fruit juices, bottled, are served as beverages, or utilized to make desserts after the season for fresh fruits has passed. The preserved fruit juices obtained as explained at "Extraction of Juice for Jelly Making" may be used to make jelly later, and in this manner fresh-made jelly may be obtained, which is always the best.

Making of Fruit Juices for Beverages

Before using fruit for fruit juice for the table, first taste the fruit to find out if it has an agreeable flavor and if it holds a sufficient percentage of acidity to render the finished product agreeable, as fruit juice, to be excellent, should hold from $1\frac{1}{2}$ to $7\frac{1}{2}$ per cent acid. Beverage fruit juices should retain their own natural color and their delectable fresh fruit flavor, which should always be accentuated rather tartly.

To retain their flavor, the fruits are usually pasteurized for 20 minutes at a temperature of 165° to 180° F. During the pasteurization process, the heated juice should be carefully watched and freely stirred with a wooden spatula, and the use of a thermometer is recommended; but, lacking this, simply heat the juice until a little escaping steam appears, and then keep the liquid constantly at this temperature for 20 minutes.

Strawberries, raspberries, blackberries, etc., do not make appealing fruit juices, but sound-ripe loganberries, apples, and the Eastern varieties of grapes make perfect beverages. (For Grape Juice, consult that recipe.)

Fruit with a soft pulp, such as berries and currants or very ripe cherries, are crushed and may be rubbed through a purée strainer with medium holes set over an

earthen bowl, then set in a cold place until next morning. Turn the coagulated fruit juice into a very fine hair sieve placed over an earthen bowl. The resulting juice will be clear and have a fresh fruit flavor. If the juice has to be kept for some time, it is best to sterilize as above.

Ripe apricots, peaches, plums, etc., are crushed, and to each pound of fruit a tablespoon of water is added. All fruits with a hard pulp are crushed as thoroughly as possible, usually with a small home fruit crusher, before being heated as above to the pasteurization degree. Gravenstein and pippin apples are suitable for fruit juice; and, as apples are obtainable all the year round, the juice of this fruit is usually simply filtered through a coarse cloth to be utilized the same day without sterilization; but if kept for some time, it must be sterilized as above, then poured into sterilized bottles and sterilized at 180° F.

Cloudy juice should be filtered several times through a syrup paper filter or through a flannel bag. Or, the juice may be clarified, although it is not necessary for its preservation and is not recommended for household use, as by this process the agreeable fresh flavor of the fruit will be ruined. To clarify fruit juice, proceed as follows: While beating two or three egg-whites in an enameled kettle, pour in the cold juice very slowly. Set over the fire, and stir constantly with a wooden spatula until a coagulated mass is formed on top. Do not boil. Strain through a jelly bag or through a cheese-cloth folded in four.

Commercially, fruit juices are clarified with casein or with Spanish clay.

Bottling and Sterilizing Fruit Juices

Place clean bottles and corks, or jars, rubbers and covers, in a kettle on a folded cloth, add cold water to thoroughly cover, and boil 10 minutes. Drain a bottle, and fill it with the fruit juice, leaving a 1½-inch open space to allow the liquid to expand while sterilizing. Then using a wooden potato masher, drive in the cork, tie

it solidly into place with a cord, arrange the bottle horizontally upon a rack in boiler, add warm water to cover, then heat the water to 180° F. or until steam appears, and sterilize 20 minutes.

If sterilized jars are used, fill the drained jar with juice, adjust rubber and cover, and sterilize as above with water up to neck of jar.

GRAPE JUICE:

The Eastern varieties of grapes are best suited for making grape juice; but when these are not available, use part sweet ripe grapes and part sour. Muscat grapes used in equal proportion with wine grapes produce acceptable fruit juice. The grapes should not be too ripe.

Remove the stems, and thoroughly crush the grapes with the hands or with the potato masher in a large bowl. Pour into a preserving kettle over the fire, and heat the grapes to 165° F. or until steam appears. Remove the kettle to a cold place until next morning, then turn contents into a jelly bag and let drip; or, lacking the bag, turn into a clean, strong cloth placed over a large bowl, gather up one end, a helper taking up the other end, and squeeze the liquor into bowl by twisting the cloth, each one in an opposite direction. This will produce a red-colored grape juice, because, by heating the skin in the juice, the coloring is extracted and assimilated by the juice. For a clearer juice, filter as directed in preceding article.

Fill bottles or jars as in the preceding article and pasteurize as directed.

CHAPTER XXXIV

FRUIT JELLIES, MARMALADES AND JAMS

QUALIFICATIONS OF FRUITS FOR JELLY—PREPARATION AND COOKING OF FRUIT—THE JELLY BAG AND SUPPORT—EXTRACTION OF JUICE—TESTING FRUIT JUICE FOR ACID AND PECTIN, AND ADDING THE SUGAR—COOKING THE JUICE AND SUGAR—TEST FOR JELLYING POINT—SKIMMING, FILLING THE TUMBLERS AND COOLING—RECIPES FOR JELLIES—MARMALADE.

A GOOD jelly should be clear and of a sharp, sparkling, bright color, and hard enough to retain its shape when removed from its container, although soft enough to quiver without breaking and to retain its angle when cut with a spoon or knife. The best results are obtained by making jelly in small quantities.

Qualifications of Fruit for Jelly

Pectin and acid are the two jellying factors in fruit indispensable to making satisfactory jelly. Pectin is a substance nearly similar to gelatine, and like gelatine, it dissolves in a heated liquid and stiffens on cooling. Over-ripe fruits generally have lost much of their jellying qualities, thus the necessity of using sound-ripe fruit.

If either pectin or acid are lacking in proper proportions in the selected fruit, it is possible to replace these qualities by adding fruit rich in the missing factor without impairing its flavor and color, and thus obtain a good jelly, provided the right proportion of sugar has been used; but the juices must be combined before adding the sugar. Such fruit as crab-apples, sour apples, loganberries, currants, lemons, cranberries, Eastern grapes, and sour plums are rich in pectin and acid, and their juice, with the right proportion of sugar added, is easily made into jelly; while others, such as ripe apples, quinces, nearly all the plums, sour cherries, blackberries, California grapes, loquats, grape fruit, and

sweet oranges, hold a medium amount of pectin and acid, and jellies made of these fruits should be carefully handled.

Ripe sour oranges and one kind of sour blackberries usually make good jelly. Apricots, peaches, and pears are rather low in pectin and acid, and their juices should have added to them the juice of tart apples or crab-apples. Strawberries and raspberries are low in pectin and acid, and their juices make good jelly with currant juice added, although crab-apples, loganberries, or lemon juice may be used. Guava and figs are rich in pectin and low in acid, therefore the juice of fruit rich in acid must be added to them.

Preparation and Cooking of Fruit for Jelly Making

Small fruits, such as berries, currants, etc., gathered by clean hands, should not be washed, but grapes are always washed. Avoid gathering these fruits, for jelly-making, directly after a rain.

Remove stems and imperfect fruit. As these fruits are rich in water, crush a part of them in the preserving kettle so as to just cover bottom with liquid. Put in the fruit, place the kettle over a slow fire, and cook slowly until the fruit is soft, when it will be bathed in liquor. The heat will help the juice to flow and also will develop the pectin.

Other soft fruits are cut in half, quartered, or sliced, according to texture. If water is to be added, use from one-half to one cup to each pound of fruit, this depending on the hardness of the fruit and the time it will require to cook soft. Strawberry-peaches will require very little water, as you may crush some of them for the juice.

Always begin to cook the fruit on a slow fire, and when the juice flows accelerate the heat a little, but avoid any scorching at bottom. It is always best to cook the fruit on a slow fire until the fruit is bathing in its own juice.

To prepare hard fruits such as apples, quinces, etc., wash, quarter, core; occasionally they are sliced. Add from 1 to 1½ cups of water to each pound of fruit,

or, better yet, add just enough water to barely cover them, as it is always best to use as little water as possible to conveniently cook them over a very slow fire at the beginning, as the less water added, the less cooking it will require in the latter part of the cooking, when you add the sugar to the juice.

Occasionally the texture of the hard fruit will require while cooking a little more water, but always cook the fruit over a slow fire until the juice flows, then crush it with a masher, and finish cooking until soft, avoiding cooking the fruit too long, else it will destroy the pectin and flavor, and result in a darkened jelly.

Jelly Bag and Support

Buy one yard of jelly-bag cloth material.

Take a board 12 inches wide by 17 inches long and about 1 inch thick. Nail on middle of each narrow side a supporting strip of board 3 inches wide by 20 inches long, and nail on top of these supporting strips another strip 3 by 24 inches, nailing it onto each support so that the top board will run beyond the supports 2 inches on each side.

Gather the two corners of a narrow side of the cloth and tie around the corners of the supporting strip and top board on one side, and do the same on the other side with the two remaining corners of cloth. This bag will hang over top of a collecting bowl placed on the large board. It is strong, easily made and handled, and will repay the trouble of making it. The detached cloth is easily washed, and it may be spread on the bowl, the fruit juice poured in, and then attached to board as above.

Extraction of Juice

Pour the juice into the jelly bag and let it drip a good while or until the material in bag is cool enough to be handled. Press or slowly squeeze by twisting. This last extraction will not be so clear as the first extraction made without pressing, but it will hold more pectin than the dripped juice. If a clear jelly is desired, take the juice obtained by pressure, filter it through a clean bag

until clear; then add it to the juice first extracted, or else it may be made into jelly separately. The best way is to cook the fruit in the evening, and pour it into the jelly bag to drip over night in a cold place. In the morning add a cup of hot water to the pulp in bag, and press or squeeze to obtain a second extraction, mixing this with the first as explained above.

Juice Stock for Jellies: If you have not sufficient tumblers on hand to put up the jelly, extract the juice of surplus fruit as for jelly making, pour it hot into hot sterilized jars, seal, and sterilize, and with it you may make jelly as desired, later on.

Testing Fruit Juice for Acid and Pectin, and Adding the Sugar

Test the juice to find out how acid it is, and if any doubt, compare it with the acidity of good tart apples, or make a lemonade as follows: Dissolve $\frac{1}{2}$ teaspoon of sugar in $\frac{1}{4}$ cup of water, and add a level teaspoon of lemon juice. If the acidity of the fruit juice is lower than that of the apple or the lemonade, add the juice of some other fruit rich in acid.

To test the juice for pectin, put a level teaspoon of juice in a saucer. Let it cool to the surrounding temperature, stir in slowly the same amount of denatured alcohol, thoroughly mix, and let stand a minute or so. If the pectin masses in one clot of gelatinous substance, the juice is rich in pectin and will require a pound of sugar to each pint of juice. If it assembles in a few large clots of gelatinous material, the juice is moderately rich in pectin; then $\frac{3}{4}$ of a pound of sugar should be used to each pound of juice. If it forms into a few small clots that subside to the bottom, it lacks the necessary amount of pectin to jelly it properly.

Fruits low in pectin require a cup of sugar to each pint of juice. If the tested product does not show any precipitation, it is unsuitable to make jelly and should have other fruit added rich in pectin, such as apples, crab-apples, currants, loganberries, etc.

Much care should be taken when making jelly with fruit juice low in pectin and acid, as the poorer the

article is in these jellying factors, the less sugar must be added; usually from $\frac{1}{2}$ to $\frac{3}{4}$ pound is needed. It must be remembered that jelly holds from 55 to 65 per cent sugar. Less sugar is added to these fruit juices because these mixtures have to be reduced rather considerably to eliminate the excess water, thus reducing its bulk; and as it decreases in bulk, it increases in richness of juice of both pectin and acid. This reduction is always made over a quick fire in a shallow pan until a good jellying test can be obtained.

Cooking the Juice and Sugar

Weigh the enameled preserving kettle. Pour in the fruit juice, weigh again, and by subtraction obtain the weight of the juice. One pint of juice equals 1 pound. Set over the fire and boil about 5 minutes. Weigh out the amount of sugar required (consult previous article), turn it into the boiling juice, stir until sugar is dissolved, bring to a boil, and boil quickly in shallow pan until it reaches the jellying point, usually from 15 to 30 minutes (see below).

Test for Jellying Point

Syrups to be reduced are always boiled over a quick fire in a shallow kettle, and the shallower the pot is, the better are the results as to color and flavor.

Boil the fruit syrup over a quick fire and watch it as it begins to boil. Small bubbles first appear, growing larger as the boiling syrup nears the jellying point, when large bubbles appear and the syrup threatens to run over kettle edge; then the jelly is usually done. Or, it is usually done when it masks a skimmer lifted out of the cooking mixture, or when twin drops drip from the spoon, but these tests are only accurate for fruit juices rich in pectin and acid.

A practical way to determine when the mixture has been cooked long enough is to drop a little of it onto a chilled saucer. If it quickly hardens, it is done, and if then tested with a Beaume hydrometer, it should register from 29° to 32° . If registering 29° , a medium stiff jelly will result; if 32° , a stiff jelly will be obtained that will keep well in a hot climate.

Skimming the Jelly

Skim the scum carefully before turning the jelly into tumbler or skim off the scum of the jelly in tumblers. This skimmed product should not be wasted, as with hot water added and simmered a few minutes, it may be skimmed and the resulting liquor used to make sauce for pudding, or gelatine, etc.

Filling the Tumblers and Cooling

The glasses should be sterilized and wiped perfectly dry. The jelly will keep much better if it is poured very hot into hot glasses. Place it in a sunny dry place, and let stand till next day. When the jelly is firm, wipe the inside of the glasses perfectly dry and pour over the jelly some melted paraffine to cover surface. Watch the cooling of the paraffine and pour more paraffine on any spot not perfectly adhering to side of glass. Store in a dark, cold, dry place. Jellies that are put up in very hot climates should be stiff and the jelly should be packed in hot, sterilized jars and tightly covered with sterilized caps and rubber.

Recipes for Jellies

CURRENT JELLY:

Select sound, firm, ripe currants. Carefully wash and drain thoroughly. Remove stems and imperfect fruit. Put in a preserving kettle, crush a few at the bottom, then set over a slow fire and cook slowly until just tender. Stir occasionally with a wooden spatula to cook evenly. Pour in a jelly bag and let drip, pressing or squeezing as necessary. Collect and measure the juice and re-heat in preserving kettle. Boil a few minutes, steadily skimming off scum as it appears, then add to each pint of juice 1 pound sugar. Stir until sugar is dissolved, and boil in a shallow kettle over a quick fire until a good jelling test can be obtained. Remove at once, let partly cool, then pour into glass and skim. Set in a dry place free of dust and insects and cool over night. Cover with melted paraffine and store in a cold, dry, dark place.

If red and white currants are used in equal proportions, a light-colored jelly will result.

CURRENT AND RASPBERRY JELLY:

Same as Currant Jelly, using two-thirds currants to one-third raspberries.

GRAPE JELLY:

Wash the grapes, and remove all unsound fruit and stems. Put in preserving kettle, crush a few grapes at bottom, set over a slow fire, and proceed as directed in "Currant Jelly," using $\frac{3}{4}$ pound of sugar to each pint of juice.

APPLE JELLY:

Wash and wipe the apples, remove stem and blossom, cut into quarters, and discard all imperfect parts. Put in preserving kettle, add water to barely cover, set over a slow fire, and cook, simmering slowly, until tender. Pour into a jelly bag, let drip, press and squeeze, measure the collected juice, re-heat, and boil 5 minutes, skimming off scum as it appears. Add a pound of sugar to each pint of measured juice, stir until dissolved, bring to a boil, and boil over a good fire in shallow kettle until a little, dropped on a cold saucer, will jelly. Pack and store as for Currant Jelly.

QUINCE JELLY:

Same as Apple Jelly, using sound, ripe quinces instead of apples, and $\frac{3}{4}$ pound of sugar to each pint of juice. It may be best to add a few quartered tart apples to the quince.

WEISBADEN STRAWBERRIES:

Wash, thoroughly drain, and hull some firm, large, sound-ripe strawberries, the finest to be had. Leave out all soft ripe fruit. Use $\frac{3}{4}$ pound of sugar to each pound of fruit, and to each pound of sugar add $\frac{1}{4}$ cup of water. Boil water and sugar to the "Soft Ball" stage (see "Degrees of Boiling Sugar"). Gently add the straw-

berries and let stand over the fire until just boiling, then remove at once, and let stand in a cold place 24 hours. Next day carefully drain the berries of their syrup. Re-heat the syrup to a boil, gently pour in the berries, give a bubble, remove at once and set in a cold place until next morning. Repeat the same process for three consecutive days, after which let the mixture partly cool, then put into dry tumblers, doing the filling in two or three operations to prevent the fruit rising to the top. Store as for Currant Jelly.

BAR LE DUC CURRANT JELLY:

For each pound of first choice large white or red currants prepared as directed in the following recipe, take 1 pint of strained honey and bring to a boil. Add the fruit and let simmer a few minutes, very slowly. Using a skimmer, lift the fruit out, then arrange in a bowl. Boil the honey left in kettle until thick, and pour it carefully over the currants. Pack and store same as other jelly, filling dry tumblers in two or three operations to prevent the fruit rising to the top.

BAR CURRANT JELLY:

Wash some choice large white currants, the finest to be had, drain thoroughly, and remove stems, and using a feather toothpick, carefully remove the seeds without impairing the shape of the fruit. For each pound of fruit use $1\frac{2}{3}$ pounds of sugar. Boil the sugar with a little water added, to the "Ball" stage (see "Degrees of Boiling Sugar"), then gently stir the currants into the boiling syrup. Boil 2 minutes, let partly cool, and fill containers four-fifths full, doing the filling in two operations to prevent the fruit rising to the top. Set aside to cool until firm. Next day, finish filling the tumblers with a cooled apple jelly, not yet set. Set aside until next day, then pack and store as for Currant Jelly.

CRANBERRY JELLY:

Use a pound of sugar to each quart of fresh fruit. Wash the cranberries and discard imperfect fruit, and

drain. Put in a preserving kettle. To each quart of fruit add a cup of water, and set over a slow fire. Cook until soft, occasionally stirring bottom with a wooden spoon to prevent scorching. Rub the cooked fruit through a fine sieve into an enameled saucepan; re-heat to a boil, add the sugar, stir until melted, and boil 5 minutes. Let partly cool, and put into dry tumblers. Pack and store as for Currant Jelly.

MINT JELLY:

Extract the juice of some white tart apples as usual when preparing fruit juice for jelly. Pour into a preserving kettle, adding the juice of a lemon, a teaspoon of green coloring, a spice-bag holding a bunch of washed young mint leaves bruised, and boil 5 minutes, then add the sugar and stir until dissolved. Boil until a good jelling test can be obtained, remove, and lift out the spice-bag. When partly cold, fill tumblers, and pack and store as for Currant Jelly.

VENISON JELLY:

Wash 3 quarts of wild grapes, drain, and remove stems. Put 1 cup of white wine vinegar in an enameled preserving kettle, add the grapes, and a teaspoon of whole cloves and a piece of cinnamon stick, then set over a slow fire. Cook until the fruit is soft and the juice flows. Pour into a jelly bag, let drip, and squeeze. Finish same as other jellies, adding to each pint of fruit juice $\frac{3}{4}$ pound of sugar.

Marmalades

Most Marmalades are simply jellies in which pieces of fruit are left; therefore, all the rules and directions for Jelly Making are applicable to the making of Marmalades. As a rule Marmalades are not so thick as jellies. Usually the fruits are divided into two parts. One part is pared and cut into pieces, and blanched until tender, then drained and reserved on a strainer. With the remaining fruit make a jelly as usual. When the juice is extracted, pour into a kettle, boil a few minutes, add the sugar, stir until dissolved, bring to a boil,

then add the reserved fruit and boil until a good jellying test can be obtained. Pack and store same as other jellies.

RAISINÉ:

Weigh an equal part of pears and grapes. Wash the grapes, drain thoroughly, and remove stems. Put in preserving kettle, crush a few at bottom, and put kettle over a slow fire. Stir occasionally with a wooden spatula, and cook until the juice flows. Pour into a jelly bag, let drip, and finish by squeezing. Measure the juice, and return it to kettle over the fire. By this time have ready the pears, peeled, quartered, cored, and sliced crosswise. Add them to the juice, and stirring, bring it to a boil, boiling until the pears are just tender, then add to each pint of juice $\frac{3}{4}$ pound of sugar, stir until dissolved, and boil until a good jellying test can be obtained. Let partly cool, and put into hot, dry sterilized tumblers, filling them in three or four operations in order that the fruit may not rise to the top. Pack and store same as other jellies.

AMBER CITRUS MARMALADE:

2 oranges

2 grape fruit

2 lemons

Utilize firm ripe fruit. Wash and wipe. With a sharp, thin knife cut off the surface of half of the fruit some thin slices of rind, and cut these into small pieces or shred. Grate the rind of the remaining fruit and reserve. Take off and discard every bit of the thick white inner skin. Cut the fruit into pieces $\frac{1}{8}$ inch thick, remove all the seeds and collect the running liquor, which add to pieces of oranges and rind. Measure the fruit, add twice its bulk of cold water, and let stand 24 hours. Boil uncovered about 6 hours, or until the fruit is tender. One hour before done, add the reserved grated rind. Measure and re-heat to a boil, then add an even amount of sugar, and boil until a good jellying test can be obtained. Fill hot sterilized glasses, and when cold, cover with paraffine.

ORANGE MARMALADE:

For 6 oranges use 1 large lemon, and with these proceed as directed at "Amber Citrus Marmalade."

Jams

Usually the less choice, or the imperfect and too-ripe fruit, not suitable for jelly making, is used to make jams. Three-fourths pound of sugar to each pound of fruit is generally added, as the finished article should contain 66 per cent sugar in order that it may keep without sterilization. When it contains less sugar, it should be poured boiling hot into hot sterilized jars, with sterilized rubbers and covers.

Berries are washed and drained, then crushed in a preserving kettle.

Method: Use $\frac{3}{4}$ pound of sugar to 1 pound of any variety of berries. Arrange the crushed fruit and sugar in alternate layers in kettle and let stand 3 hours to extract the juice. Then bring it slowly to a boil and simmer till thick or until a little of the syrup, cooled on a chilled saucer, will remain homogeneous and thick.

Apples and quinces are peeled, quartered, and cored. The prepared pieces are immersed in cold water, with a little lemon juice added, and left standing until needed, to prevent discoloration.

Method: To the trimmings and cores of fruit add enough water to cover, and boil about 20 minutes, then strain the liquid into a preserving kettle over the fire, add the thoroughly drained reserved fruit, and, occasionally stirring, cook until soft, then add the sugar heated in oven and cook the mixture about 15 minutes longer. Stir occasionally to mash the fruit. A little grated rind and juice of a lemon may be added, if a lemon flavor is desired. Pack and store same as other jellies. Occasionally apple and quince are combined.

RHUBARB JAM:

Red stalks of rhubarb should be utilized to make jams. Thinly peel the strings off the skins, cut the stalk into small, even pieces, put in a porcelain-lined kettle, pour over an equal weight of sugar, and let stand in a cold place until next morning. Then set the kettle over the fire, and while occasionally stirring gently with a wooden spatula, bring to a boil, and boil about 25 minutes, then remove kettle to a slower fire that will keep the mixture simmering half an hour.

CHAPTER XXXV

CANNING

CANNING OF VEGETABLES—CANNING VEGETABLES BY THE COLD PACK METHOD—BLANCHING VEGETABLES FOR CANNING, AND THE "COLD DRIP"—PACKING IN JARS—ONE-DAY STERILIZATION OR PROCESSING—INTERMITTENT STERILIZATION, OR THREE-DAY PROCESS—CANNING OF FRUIT—THE OPEN KETTLE METHOD—COLD PACK METHOD FOR CANNING FRUIT.

ALL kinds of fruits and vegetables can be preserved in glass jars or tin cans, but as canning in tins is not practicable in private families, we will only consider glass jars, which should be selected of convenient size—half-pints, pints, or quarts, according to the size of the family. The best type of jar for home canning is perhaps the "Economy" jar. These have large openings and are easily filled. The "Mason" jars that have covers that screw down on rubber are not quite so handy, but are more economical, as these, carefully opened, will last many years, only requiring a new rubber each year, while the "Economy" jars require new lids and clamps each year.

The jars, rubbers, and covers must be perfect. The covers should be tested before using to see if they fit. When using rubbers previously utilized, adjust two rubbers on each jar. Over-ripe or long-picked fruit or vegetables are not desirable for canning, as the fresher and the cleaner these products are, the less liable they are to be infected with bacteria, and the canned products will be more satisfactory as to color and flavor.

In order that fruit may keep in jars, a thorough killing of bacteria or spore of bacteria is necessary; therefore, to insure success in canning, the jars, rubbers, and covers must be first sterilized by boiling them ten minutes before filling, and the filled jar, after sealing, must also be heated a reasonable length of time to insure the killing of all germs that cause spoiling. All utensils that come in contact with products to be canned should be thoroughly sterilized.

Canning of Vegetables

All vegetables, with the exception of tomatoes and sorrel, are deficient in acid, and as nearly all vegetables are canned in a slightly salted brine, it renders their sterilization very difficult. Thus, to prevent the *Bacillus Botulinus* developing in canned vegetables, it is necessary to add a certain amount of lemon juice to make up for this deficiency in acid. Or, leaving out the acid, sterilize the canned vegetables at 212° F. one hour each day for three consecutive days, although this method is not recommended, as it destroys the fruit texture.

The addition of lemon juice is desirable in such vegetables as cauliflower, asparagus, beets, artichokes, string beans, etc.; these, drained, may be immersed in cold water for a few minutes, thus removing some of the lemon flavor. This addition is not desirable for such vegetables as spinach, green peas, corn, carrots, etc. Occasionally strong vinegar is substituted for the lemon juice; then, to remove the sour flavor, drain the vegetables, turn them into rapidly boiling water to just cover, adding a dash of soda, let bubble a few seconds, and drain at once. This will entirely remove the vinegar flavor. For security in canning consult the following articles.

TABLE SHOWING COMPOSITION OF BRINE TO PRESERVE
VEGETABLES IN ONE-DAY STERILIZATION

| | Water Quart | Salt Teaspoons | Lemon Juice Tablespoons | Sterilization at 212° F.—Hours |
|--------------------|----------------|-------------------|----------------------------|-----------------------------------|
| Asparagus | 1 | 2 | 2¼ | 1½ |
| Artichoke Bottoms | 1 | 2 | 2¼ | 1½ |
| Beets | 1 | 2 | 2 | 1½ |
| Cauliflower | 1 | 2 | 2¼ | 1¼ |
| String Beans | 1 | 1½ | 2⅓ | 2 |
| Lima Beans | 1 | 1½ | 2⅓ | 2 |
| Green Peas | 1 | 1½ | 2⅓ | 2 |
| Pumpkin and Squash | 1 | 1½ | 2 | 1½ |
| Greens and Spinach | 1 | 1½ | 2½ | 1¼ |
| Green Corn | 1 | 2 | 2½ and ¼ cup sugar | 2½ |
| Leek Tips | 1 | 2 | 2¼ | 1½ |
| Mushrooms | 1 | 2 | 2 | 1½ |

For peas and corn, the lemon juice may be omitted, then sterilize the peas at 212° F. for 3 hours and the corn 4 hours.

Canning Vegetables by the Cold Pack Method

Canning by the Cold Pack Method requires a special equipment, which consists of a covered boiler or kettle with an evenly fitting wooden rack at bottom, besides two pans of convenient size, one to parboil or blanch the vegetables, and the other to immerse the cold vegetables in water, also some cheese-cloth or a wire basket handy to dip in cold water in pan.

Select fresh-picked young vegetables. Sort as to size, tenderness, and quality, so as to can the small, tender vegetables separately, as the older or larger vegetables will require a longer cooking. Prepare the vegetables according to kind as much as possible, as when preparing them for the table, or cut them of a convenient size so they may be packed in jars without impairing their shape. Wash in plenty of cold water and drain, or let stand awhile in a bath of cold water as directed at the respective recipes.

Blanching Vegetables for Canning, and the "Cold Drip"

The prepared vegetables are nearly always blanched for a short time, varying with the kind of vegetable, and with its texture, size, and tenderness. This blanching improves the texture and shrinks the vegetables, which are thus rendered more flexible, facilitating their packing in jars, and gives them a thorough cleansing, which makes their liquid clearer, and removes any undesirable strong flavor.

Arrange the prepared vegetables on a wire basket or cheese-cloth, plunge them into water rapidly boiling over a brisk fire, bring it as quickly as possible again to a boil, and parboil them, following the directions given in the following table, cooking the smaller tender articles the minimum of time and the larger older articles the maximum of time. Lift out of the boiling water and plunge into plenty of cold water. This is called the "Cold Drip." Small vegetables are allowed to stand immersed until chilled. Larger articles are immersed about half a minute so the center may remain hot; this

will set the color, stop the flow of juice, and render the article crisp.

Carrots, pumpkins, parsnips, squash, etc., need not be blanched. These are prepared as for the table and are often arranged directly in the sterilized jar. Green peppers, red peppers, and pimentos are usually broiled, then the skins, seeds and stems are removed; and then they are arranged in the jar. To remove skin, cook the pepper in heated oil.

TABLE SHOWING BLANCHING TIME OF VEGETABLES
CANNED BY THE COLD PACK METHOD

| | Minutes |
|------------------------|---------|
| Brussels Sprouts | 4 to 6 |
| Artichokes | 6 to 10 |
| Beets | 8 to 15 |
| Sweet Corn | 5 to 10 |
| Green Peas | 1 to 5 |
| Green Spinach | 6 to 10 |
| Cauliflower | 4 to 8 |
| Asparagus | 2 to 9 |
| Leek Tips | 2 to 6 |
| String Beans | 6 to 10 |

Packing in Jars

Drain the dripped vegetables thoroughly and carefully pack in hot sterilized jars. Press down with a wooden spatula, lightly, and pack solidly, but be careful not to crush the article. Flatten the sterilized rubber into place, taking care that neither juice nor seeds are under it.

One-Day Sterilization or Processing

Arrange the jars, filled as directed in preceding article, on the rack in the boiler. Pour warm water into boiler to two-thirds of jars' height; cover, set over the fire, and when boiling remove cover. Fill each jar with the boiling prepared acidulated brine (see "Table Showing Composition of Brine to Preserve Vegetables in One-Day Sterilization"); then adjust the cover loosely on the rubber, adding boiling water to boiler to bring the water nearly to the rubber. Cover, and boil the required time (consult Table). It will be necessary occasionally to add boiling water in the boiler and boiling

acidulated brine in the jars to keep them always at same level. When done tightly adjust each cover on jar, remove jars, and let them cool inverted, to make sure they do not leak. Watch, and screw down cover as needed. Store in cool dark place.

Intermittent Sterilization, or Three-Day Process

All vegetables, with the exception of tomatoes and sorrel, that are preserved without the addition of acid, should be processed by the intermittent sterilization method, which consists of heating the contents and surrounding water in a boiler to 212° F., and keeping them at that temperature, covered, for a certain length of time, which for vegetables is usually one hour a day for three consecutive days. This is a safe method of preserving vegetables, but it is not recommended, as the finished article is so softened that it loses much of the quality required of good vegetables, and it is best to proceed as directed in preceding article.

Recipes for Canned Vegetables

CANNED MUSHROOMS:

Select fresh-picked mushrooms with firm caps, wash quickly in cold water, and drain. Sort according to size, peel the buttons, and cut the stems close to caps. Carefully wash peelings and trimmings, and drain. Using enough water to can mushrooms in jar, pour cold water over peelings, and trimmings in a saucepan, to each quart of water adding 2 teaspoons of salt, and 2 tablespoons of lemon juice; boil fifteen minutes, strain, and reserve the liquor boiling hot to fill jars.

Arrange half-pint clean jars over the rack in boiler, add cold water to two-thirds of jar's height, cover boiler, bring to a boil, pack the prepared mushroom buttons and stems solidly in the jars, shaking the jars occasionally, and, as mushrooms shrink, add more mushrooms. Boil until the mushrooms cease to shrink, when it will be necessary to fill some of the jars with the shrunken mushroom contents of other jars so as to pack as solidly as possible. Pour the reserved boiling mushroom liquor into the filled jars, to overflowing, adjust the rubbers

and covers loosely, add to boiler boiling water nearly to the level of rubbers, cover boiler, and sterilize at 212° F. for 1½ hours. Add boiling water to boiler as needed, and acidulated boiling brine to jars. When done tightly cover, cool inverted, and store in a dark, cold place.

CANNED TOMATOES:

Tomatoes preserved by the Cold Pack Method are first scalded, peeled, and quartered, then packed in sterilized jars and processed about 1½ hours in One-Day Sterilization at 212° F., but as tomatoes hold water in large proportions, it gives better results to can the tomatoes by the Open Kettle Method.

Scald the tomatoes in boiling water about 3 minutes, then remove skins. Quarter, arrange in an agateware or enameled kettle, set on a slow fire until boiling, occasionally shaking pan, let simmer a few minutes, then fill to overflowing some hot sterilized jars, arrange them on the rack in the boiler, adjust rubbers and covers loosely, add boiling water to neck of jars, and boil 15 minutes. Adjust cover, cool inverted, and store in a cold, dark place.

TOMATO PASTE:

Select perfect ripe tomatoes, wash, and cut into quarters. Arrange in an enameled preserving kettle, crush with the potato masher, set over the fire, bring to a boil, and occasionally stirring bottom with a wooden spatula, cook 30 minutes. Rub through a purée strainer, placed on an enameled saucepan, that will hold back the seeds. Place over the fire, and when boiling, remove to a slow spot on the range to simmer slowly until very thick, adding to each quart of material a teaspoon of salt. Stir bottom often to prevent scorching. Fill in hot sterilized half-pint jars, adjust rubber rings and covers loosely, sterilize ½ hour, tighten cover, and when cold store in a cool, dark place.

Canning of Fruit

Select clean, firm, sound-ripe fruit. Wash the fruit a few seconds in plenty of cold water and drain thor-

oughly, as in this manner the amount of skimming is reduced to a minimum. Berries that have been carefully picked should not be washed, but care must be taken not to crush them.

Apricots, plums, and the like are cut in two, and pitted, and the stem ends neatly trimmed. Peaches are peeled by scalding them a couple of minutes in boiling water, then immerse in cold water one minute, drain, and remove skins. Peaches are often sliced. Pears and apples are peeled, cut in two lengthwise, and neatly cored. To prevent discoloration, they should be immersed at once in cold water with lemon juice added.

To Sterilize Jars, Rubber Rings, and Covers: All utensils, jars, covers, and rubbers should be very clean and sterilized. To sterilize articles, arrange them in a basin with cold water to cover, bring to a boil, and boil ten minutes. According to the needs of the family, use half-pint, pint, or quart jars.

The Open Kettle Method

The Open Kettle Method has the advantage over the Cold Pack Method, that less sugar is required.

Fruit prepared as in the preceding article is turned in small batches into a boiling sugar syrup so that all may be thoroughly immersed. They are brought quickly to the boiling point and cooked simmering until just soft enough to hold their shape. Cooked in this manner they also retain their flavor and color, and their shape will not be altered if they are carefully handled when packing the fruit in hot sterilized jars. Then fill the hot sterilized jars to overflowing with the boiling hot syrup, and if there is not enough syrup left to fill the last jar, fill with boiling water.

Introduce a spoon handle between fruit and inside of jar so as to give a vent for the air bubbles to rise on top and escape. Adjust rubber and covers, and arrange the jars in boiling water in the boiler over a wooden rack. Keep water at the boiling point 15 minutes. Juicy fruit does not require as much syrup as hard fruit, and if there is any excess after the canning is done, it may be used to make sauce for pudding, etc., or to can later.

Hard fruit absorbs syrup. The juice of soft fruits, such as berries, flows and merges with the boiling syrup. Apples are usually canned for pie-making, and the sugar is then omitted. Before removing the jar, tightly cover, and make sure that air cannot penetrate, by cooling them inverted, screwing down the cover tighter as needed. Always arrange to sort fruit as to size and degree of hardness, cooking the different grades separately, and taking care to have the syrup boiling before adding a second or third batch of the prepared fruit; never add more fruit at one time than the syrup will cover. Small fruit and all fruits softened from ripeness require very little cooking, $\frac{1}{2}$ to 1 or 2 minutes. Hard fruits are cooked until just soft enough to hold their shape.

Grading of Syrups

Syrups are graded according to their consistency or thickness, which depends on the proportion of sugar used to water. The syrups used in private families may be graded as follows:

| Syrup | Sugar Pounds | Water Quarts | |
|-------|-----------------|-----------------|-------------------------------------|
| No. 1 | $\frac{1}{4}$ | 1 | Generally used for sweet fruits |
| No. 2 | $\frac{3}{4}$ | 1 | Generally used for sweet fruits |
| No. 3 | 1 | 1 | Used for medium sweet fruit or sour |
| No. 4 | $1\frac{1}{4}$ | 1 | Used for sour fruits |

Occasionally, when a rich article is desired, $1\frac{1}{2}$ pounds sugar to each quart of water may be used. Always boil water and sugar until clear, as if boiled longer the proportions are changed by the evaporation of the water.

Since there is no rule for regulating the sweetness of canned food products, it remains a matter of economy or taste to put up such fruits as apricots, peaches, and berries in a more or less rich syrup, as these can be preserved without any sugar, and where there is an abundance of fruit, the juice of the ripest fruits may be extracted and filtered, and used as a substitute for syrup for preserving the fruit, reserving the sound fruit for canning.

Fruits for pies are canned simply in boiling water.

Fruit Rich in Acid, such as rhubarb, gooseberries, etc., may be packed raw in sterilized jars. Wash fruit in plenty of cold water, and drain. Put fruit and sterilized jars into plenty of cold water, fill the jars under water with the fruits, tightly cover under water, and store in a cold, dark place without sterilization.

Full-sized pears for canning should be ripened in a cool, dark place covered with a blank paper. This gives the fruit a fine texture and flavor.

Cold Pack Method for Canning Fruit

By the Cold Pack Method, which is best adapted for canning of berries, currants, and soft fruits, the sorted and prepared fruits are packed without any preliminary cooking into hot sterilized jars; then the jars are filled to overflowing with boiling hot syrup.

Blanching: Fruits such as pears or plums are blanched as follows: Turn the prepared fruit into boiling water and let boil from 1 to 3 minutes, according to hardness; then lift out and at once immerse in plenty of cold water, for a short time. Drain well, and pack carefully in hot sterilized jars. This treatment of blanching and cold drip gives a transparent look to the fruit and partly shrinks it. The subsequent cooking or processing is done in the jars. (See "Blanching of Vegetables for Canning and Cold Drip.")

The Cold Pack Method differs from the Open Kettle Method in that some of the fruit contraction or shrinkage occurs in the jars, while in the Open Kettle Method, it is shrunk in the boiling syrup before packing in jars. There is, consequently, a loss of space and the use of more jars and sugar is required, because in the Open Kettle Method the cooked shrunken fruit is packed as solidly as desired and syrup is added by regulating the packing in each jar to obtain, when the jars are filled to overflowing with hot syrup, just enough syrup to properly serve the fruit.

The different grades of syrup given for the Open Kettle Method are also good for the Cold Pack Method.

Method: Fill the hot sterilized jars with the prepared fruit, gently packing them solidly. Pour in boiling syrup to overflowing, adjust the rubbers and covers loosely, put over the rack in boiler with boiling water to neck of jars, and when cooked the required time, seal tightly. Cool inverted, and store in a dark, cold place.

The blanching and cooking or processing time of fruit depends on the kind, ripeness, or texture of the fruit, as shown by the following table:

| Fruit | Blanching Time | Processing Time |
|----------------|--------------------|-----------------|
| | Minutes | |
| Apricots | 1 to 2 | 16 |
| Apples | 1½ | 20 |
| Berries | No blanching | 20 |
| Peaches | 2 | 16 |
| Pears | 1½ | 20 |
| Figs | 3 | 16 |
| Cherries | No blanching | 16 |
| Grapes | No blanching | 16 |

Fruits that have pits should have added to each jar a cracked pit to give a noyau flavor.

CHAPTER XXXVI

PRESERVATION OF VEGETABLES WITH OR WITHOUT FERMENTATION

THE DRY SALT METHOD—PRESERVATION OF VEGETABLES
IN STRONG BRINE WITHOUT FERMENTATION—PRESER-
VATION OF VEGETABLES BY FERMENTATION IN BRINE.

The Dry Salt Method (Best for String Beans)

SELECT fresh-gathered vegetables, and remove all wilted leaves and imperfect parts. Prepare string beans as for the table. The secret of preserving vegetables successfully with salt is a question of judgment in using the right proportion of salt to a given weight of vegetables.

Method: Use to each 10 pounds of prepared vegetables $2\frac{3}{4}$ pounds of kitchen salt. Arrange a layer of salt at bottom of a dry keg, earthen jar, or crock, then a layer of vegetables. Repeat these layers alternately, covering top with a generous layer of salt. Arrange over all a doubled cheese-cloth, put over it a tight-fitting wooden or earthen cover, and place on this a heavy, clean stone or weight. There must be absolutely no metallic material used, to be acted upon by the acid developed in the brine.

Under the pressure of the weight and the action of the salt, the vegetables will shrink considerably, and their drawn juice, in combination with the melted salt, will produce a brine that will keep the vegetables immersed. String beans thus preserved should be put up in the month of September. Set them in a cold, dry, dark place covered. If any excess of brine comes over top of wooden cover, remove it.

To use, take any amount desired, rinse, and soak them in a change of cold water to remove the excess of salt. As the soaking shrunken vegetables will regain their natural size, always take a third less vegetables than

the amount you will need. It is usually best to soak them over night. Blanch same as the fresh article, leaving out salt, and adding to the blanching vegetables a slice of lemon.

Preservation of Vegetables in Strong Brine

Without Fermentation

(For Pimentos, Green and Red Peppers, Cauliflower, Artichokes, Cucumbers, etc.)

Prepare the vegetables as for the table. Make a brine with $3\frac{3}{4}$ to 4 pounds of salt to each gallon of water. Arrange the prepared vegetables in a keg or crock, pour brine over vegetables to cover, arrange on top a cheese-cloth, set over it a tight-fitting wooden cover, and put a weight on top of this. Keep in a cold, dry, dark place perfectly covered, and if mold appears on top, add more salt.

To use the vegetables, rinse any amount of them and soak over night. Wash the cover and the cheese-cloth every time any vegetables are taken out, and replace as before. Blanch as directed at the fresh article, leaving out the salt, but to cooking artichokes or cauliflower add a slice of lemon.

SAUERKRAUT:

Select fresh-gathered cabbage, and remove all wilted and green leaves and tough center parts, and thinly slice. Using a scant pound of kitchen salt to each 10 pounds of cabbage, proceed exactly as directed at "Preservation of Vegetables by Salt without Fermentation." Cover as there directed, putting a heavy stone on top. Keep in a room at a surrounding temperature of 65° F. to 75° F. The fermentation will set in the first day and will continue nearly 2 weeks. After fermentation is over, store in a cold, dry, dark place. It will improve the sauerkraut's flavor to add some juniper berries. After 3 weeks the sauerkraut can be used.

If the brine shows any signs of spoiling, replace it by a fresh brine made in the proportion of $\frac{1}{2}$ pound of salt to each gallon of water.

Preservation of Vegetables by Fermentation in Brine*

Pack the vegetables in a keg or crock, and pour over to thoroughly cover a weak brine made in the following proportions:

To each gallon of water, add $\frac{1}{2}$ pint of vinegar and $\frac{3}{4}$ cup of salt. Stir until the salt is dissolved. The vegetables will require about half their weight in brine. Keep vegetables immersed in the brine with a tight-fitting wooden cover and let stand in a warm place until fermentation is over. Dill and spice may be added at the same time as liquid. Remove to a cold place and seal with paraffine, skimming off the film of mold on top before sealing.

* Farmers' Bulletin 881, U. S. D. A.

CHAPTER XXXVII

PICKLES AND RELISHES

PICKLING—RECIPES FOR PICKLED VEGETABLES—RECIPES FOR PICKLED FRUITS.

Pickling

PICKLING is the preservation of foods in salt, occasionally salt with vinegar added, in vinegar, or in vinegar syrup. Pickled products should never come in contact with metal, or a poisonous compound may develop; therefore, use wooden or enameled spoons, wooden buckets, or earthen crocks or jars. If a weight is needed to keep the article immersed, use a clean stone. The salt brine used to keep vegetables in for pickling should be strong enough to float an egg. Dissolve in each gallon of water about 15 ounces or a scant pound of kitchen salt.

When the brine is used only to keep vegetables over night, make enough to cover, using $\frac{1}{4}$ cup of kitchen salt to each quart of cold water.

Cloves, taragon, fennel, horse-radish, pepper-corns, cinnamon, etc., are used as spices in pickling.

Occasionally vegetables are scalded or cooked a short while in vinegar, then, to restore their original color as well as to impart flavoring, they may be covered with fennel stems, taragon, beets, or grape leaves. Scalded products absorb the vinegar much better than raw articles but they lose some of their crispness. In pickling always use pure mild malt or white wine vinegar. A spiced vinegar gives best results for any kind of pickles. Raw vinegar is seldom used in pickling; it should always be boiled with or without spices.

Spiced Vinegar: Boil 1 quart vinegar 10 minutes with taragon leaves, fennel stems, and 2 chopped green or red peppers; or boil the vinegar simply with a tablespoon each, of whole cloves, pepper-corns, ginger, mace, allspice, and one bay leaf. Pepper-corns are used when fresh green peppers are not obtainable. Pickles

keep better and indefinitely, packed in sealed jars with glass tops, but if all the materials used, especially the vinegar and spice, are of good quality, they may be kept in stone jars or kegs for months, provided they are thoroughly immersed.

Recipes for Pickled Vegetables

SOUR CUCUMBER PICKLES:

Select small green, fresh-gathered cucumbers. Rub each one with a wet coarse cloth wrung out in its water. Arrange in a stone jar in layers, sprinkle salt over each layer, then add cold water to cover, using $\frac{3}{4}$ pound of salt to each gallon of water, and let stand 12 hours. Drain, rinse, wipe, and pack the cucumbers in a keg or crock, adding a branch each, of fennel and tarragon leaves, two cloves, and a few small green or red peppers. Lacking the peppers, add a few pepper-corns, and pour over some boiling hot white wine mild vinegar to thoroughly cover. Place over top a tight-fitting wooden cover with a clean stone to keep pickles immersed. Add grape or beet leaves on top of the cucumbers, if desired. Keep covered in a cold dark place.

When a crisp article is desired, first pour boiling vinegar on the cucumbers, leaving out the spice. Cool and drain, then proceed with the cucumbers as directed above, pouring over the flavoring ingredients fresh, boiling hot vinegar. The first vinegar need not be wasted, as it may be used to remove insects from soaking vegetables such as cauliflower, etc.

SWEET CUCUMBER PICKLES:

Prepare the cucumbers and let them stand 12 hours in a salt brine as directed in preceding article. Drain and wipe. Put in an agateware kettle $\frac{1}{2}$ cup of sugar to each pint of mild vinegar. Stir until dissolved, bring to a boil, and pour over the cucumbers arranged in dry kegs or stone jars in which, as may be available, any of the following spices have been put: green or red pepper, green nasturtium, horse-radish, mustard seed, ginger root. Arrange on top some fennel and tarragon

leaves, or, lacking these, grape or cabbage leaves; put on a tight-fitting wooden cover with a weight on top. Keep in a cold, dry, dark place.

DILL PICKLES:

Take an earthen jar or a dry keg that holds 4 or 5 gallons. Select large cucumbers, and wipe them with a wet cloth wrung out in its own water. Arrange at bottom of keg a layer of grape or beet leaves and some dill seed on bunch; lay over this two or three thicknesses of cucumbers, occasionally adding a little dill pickle spice. Repeat these layers alternately until the container is four-fifths full. Cover top with a thick layer of beet, grape, or cabbage leaves, then put a tight-fitting wooden cover and a clean stone on top, then fill with a brine made as follows: $2\frac{1}{2}$ gallons of water, 1 pound of salt, and $2\frac{2}{3}$ cups of mild vinegar. In four weeks the fermentation will cease, then pickles are ready to use. Seal with paraffine.

PICKLED ONIONS:

Select small white onions. Peel the onions and wipe with a wet cloth wrung out in its water. Proceed as directed for "Sour Pickles."

To prevent the unpleasant effect on the eyes, put the onions $\frac{1}{2}$ minute in warm water, and drain.

PICKLED TOMATOES:

| | | | |
|---|--------------------------|----------------|-------------------------|
| 4 | quarts green tomatoes | 3 | pints mild vinegar |
| 3 | quarts firm red tomatoes | $1\frac{3}{4}$ | pounds brown sugar |
| 4 | or 5 large tender onions | 1 | teaspoon whole cloves |
| 2 | red peppers | 1 | small stick cinnamon |
| 3 | green peppers | 1 | tablespoon mustard seed |
| | $\frac{2}{3}$ cup salt | | |

Chop all the vegetables coarse, carefully discard the seeds of the peppers, sprinkle salt over, and let stand over night. In the morning pour in a cloth and press out the liquor. Put the vinegar, sugar, and spice in an enameled kettle, bring to a boil, add the vegetables, and cook until tender.

These pickles will keep indefinitely when packed hot in hot sterilized jars sealed with glass tops.

PICKLED GREEN TOMATOES:

| | |
|--------------------------------|-----------------------------|
| 8 pounds green tomatoes, | 1½ pounds brown sugar |
| thinly sliced | 12 cloves |
| 10 tender white onions, thinly | 1 tablespoon pepper-corns |
| sliced | 1 rounded teaspoon allspice |
| 4 red peppers, seeds removed, | 1 tablespoon mustard seed |
| chopped | 1 tablespoon celery seed |
| 1⅓ pints vinegar | |

Prepare all the vegetables as directed in preceding recipe, discarding from each tomato a thin slice off the blossom and stem ends. Put the tomato and onion in an earthen bowl, and dredge over them ½ cup of salt. Let stand 12 hours, then turn into a cloth placed over a strainer, and press out liquor. Put the vinegar, sugar, and spice in an enameled kettle over the fire, stir until boiling, add the vegetables, bring quickly to a boil, and simmer about 25 minutes.

These pickles will keep indefinitely in hot sterilized jars, closely sealed with glass tops.

CHUTNEY:

| | |
|-------------------------------|----------------------------|
| 3 pounds tart apples, peeled, | 1 pound sugar (white or |
| quartered and cored | brown) |
| 2 green peppers, seeds re- | 1 pint mild vinegar |
| moved | 1 tablespoon ginger |
| 1 red pepper, seeds removed | 1 tablespoon salt |
| 1 large tender onion, peeled | 2 large lemons, juice only |
| ½ pound seeded raisins | |

Put apples, peppers, raisins and onion through the meat chopper. Turn into an enameled kettle and add the sugar and vinegar. Bring to a boil, and simmer 50 minutes. Add the remaining ingredients, and simmer another 50 minutes.

PICCALILLI:

| | |
|--------------------------------|-------------------------------|
| 3 pounds green tomatoes | 1 small cabbage |
| 2 pounds firm, red tomatoes | ¾ cup salt |
| 2 tender heads of white celery | 2 pints vinegar |
| 2 onions | 1½ pounds brown sugar |
| 3 cucumbers | 1 level teaspoon mustard seed |
| 1 red pepper | 1 teaspoon whole cloves |
| 1 green pepper | A dash of Cayenne |

Chop the vegetables, dredge the salt over them, and let stand over night. In the morning drain, pressing

the liquor out through a cheese-cloth. Put the vinegar, sugar, and spice in an enameled kettle over the fire, stir until sugar is dissolved, bring to a boil, add the vegetables, and when boiling remove to a slow fire to simmer 40 minutes or until the mixture has partly cleared.

Piccalilli will keep indefinitely packed in hot sterilized jars sealed with glass tops.

PICKLED PEPPERS (MOCK MANGOES):

Select bell peppers of even, rather medium, size. Using a sharp knife, cut from the stem ends a large circular slice, to be replaced later. Remove the seeds and partitions. Parboil the pepper and stems 10 minutes. Drain and dip in cold water a few seconds, then remove skins. Chop some cabbage, sprinkle with salt, and let stand until morning. Next day press out the liquor through a cheese-cloth, add to the cabbage some mustard seed and grated horse-radish, mix well, then fill peppers with the mixture, replace the slices cut from stem ends, and tie each pepper with cord. Pack solidly in a stone jar or keg, and pour over pepper enough mild vinegar to keep peppers immersed by placing on top a tight-fitting wooden cover or dish. Keep 10 days in a cold, dry, dark place.

MUSTARD PICKLES:

| | |
|--------------------------------------|--------------------------------|
| 9 large cucumbers | 2 red peppers |
| 2 pounds small, tender, white onions | $\frac{1}{4}$ cup mustard seed |
| 2 pounds green tomatoes | $\frac{1}{4}$ cup celery seed |
| 2 green peppers | 1 small cauliflower |

Select some small, tender, white onions, peel, and leave them whole. Peel the cucumbers, remove the seed of the green peppers, and cut the vegetables into even, small pieces. Arrange in an earthen bowl, and pour over a brine made in the proportion of $\frac{1}{4}$ cup of salt to each quart of water. Let stand over night and drain.

Put 3 quarts of water in a kettle over the fire, and when boiling add the peppers. Cook 3 minutes. Lift out with the skimmer, then cook the other vegetables

one after another separately, cooking the onions 5 minutes and the cauliflower, tomatoes, and cucumbers each 2 minutes. Drain thoroughly. Arrange the drained vegetables in hot sterilized jars, dividing the different kinds of vegetables and the mustard and celery seeds equally between the jars. Then fill the jars with a hot Mustard Dressing, made as follows, and seal with glass tops. These pickles will keep indefinitely.

Mustard Dressing:

| | |
|--------------------------|---------------------------|
| 1 ounce powdered mustard | $\frac{3}{4}$ pound sugar |
| 1 tablespoon tumeric | 2 quarts mild vinegar |
| $\frac{5}{8}$ cup flour | |

Mix and sift the dry ingredients together in a porcelain-lined saucepan, and while beating or stirring over the fire, slowly add the boiling hot vinegar. Beat and cook until smooth, or about 2 minutes.

Recipes for Pickled Fruits

Peaches, pears, cherries, plums, figs, Tokay or other large grapes may be pickled. The grapes are usually left in bunches. Follow directions given for "Pickled Peaches."

The syrup in which the fruits are cooked may be made in the proportion of 1 cup each of water and vinegar to $1\frac{1}{2}$ pounds sugar, with $\frac{1}{5}$ cup of broken cinnamon sticks and either 1 teaspoon of cloves or a single clove pressed into each piece of fruit. Occasionally, a teaspoon of either ginger root or mace is added to the syrup. When a stronger flavor is desired, make the syrup as above, only use $\frac{4}{5}$ pint of vinegar to $\frac{1}{5}$ pint of water.

The fruit is usually pricked with a carving fork to allow the syrup to penetrate to center. Pears are peeled and dropped at once into cold water, with lemon juice added, so they may retain their color.

PICKLED FIGS:

Figs should be used when about half ripe, and the stem is left on. Occasionally figs are pickled as follows: Soak over night in a brine of salt, using $\frac{1}{2}$ cup of salt

to each gallon of water. Drain and wipe between towels. Parboil in a solution of water and alum, using a scant level teaspoon of alum to each quart of water. Lift out with a skimmer, place in lime water solution, and let stand 10 minutes; then drain, and wash carefully in several cold waters. Put into hot sterilized jars, filling jars with a very strong vinegar syrup, boiling, and seal with glass tops.

PICKLED PEACHES, FIRST METHOD:

| | |
|-------------------------|------------------------------|
| 12 to 14 pounds peaches | ½ cup broken cinnamon sticks |
| 6 pounds sugar | 2 tablespoons cloves |
| 1½ pints mild vinegar | A tablespoon of ginger root, |
| 1 cup water | if desired |

Put the vinegar, water, and sugar in an agateware kettle over the fire, stir until the sugar is dissolved, adding the spice, then bring to a boil. Rub the peaches with a coarse cloth, and prick them with a fork. If the skin is left on, they will keep their shape better, and the skin may then be removed when serving. Or, if skins have to be removed, scald a minute, immerse in cold water, and peel. Cook the peaches in the boiling syrup a few at a time, turning them occasionally so they cook evenly. Cook until tender.

Have hot sterilized jars ready. Drain a jar and put the peaches in as soon as they are soft, one after another, replacing the cooked fruit with other fresh fruit, until the jars are all filled and fruit all used. Reduce the syrup so as to have just enough to fill jars to overflowing, dividing the spices equally between the jars. Seal with glass tops.

The hot peaches placed in the jars will shrink while the others are cooking, and will thus make room for additional fruit in each jar.

PICKLED PEACHES, SECOND METHOD:

Cook small batches of peaches at a time in same syrup and with same spice as in the previous recipe. Have at hand a stone jar, one that holds at least 2 gallons. Put the cooked fruit in the jar as soon as done. When all the peaches are cooked and arranged in jars,

reduce the syrup until rather thick, pour it over the peaches, and place on top a light close-fitting dish that will keep the fruit immersed without breaking its shape. Let stand a few days, then pour off the syrup and boil until thick. The peaches will have shrunk by this time, and they may all be put in the same jar. Pour the reduced syrup over the fruit and replace the dish on top as before, then tie over top of crock a strong, doubled, blank paper.

PICKLED CHERRIES:

Boil for 10 minutes, together, 1 quart of cider vinegar, 3 pounds of sugar, a tablespoon of whole cloves, and a broken cinnamon stick. Add some nice, large, prepared cherries, simmer a few minutes, and pack hot in hot sterilized glasses, dividing the spice between the jars.

These will keep indefinitely when packed in hot sterilized glasses, sealed with glass tops.

CHAPTER XXXVIII

MISCELLANEOUS

PRESERVATION OF BUTTER—PRESERVING EGGS IN “WATER GLASS”—PRESERVING EGGS IN LIME AND SALT—RECIPES FOR COOKING CEREALS—RECIPES FOR COFFEE, TEA AND COCOA—RECIPES FOR FRUIT BEVERAGES.

Preservation of Butter

WHEN the butter is fresh, to each 10 pounds of butter, work in thoroughly 1 pound of fine salt. Pack solidly in an earthen crock, cover with salt, and keep closely covered in a cold, dry, dark place.

Second Method: When the butter is already salted, arrange it in an earthen crock, leaving it wrapped in its original water-tight paper, or if the butter be sweet, work in to each 10 pounds of butter 1 cup of fine dairy salt. Divide it and press into solid square cakes of about 1 pound each. Arrange in crock as above. Then pour over a chilled salt brine that will float an egg, using enough brine to keep the article thoroughly immersed and placing on top a dish and small clean stone. The butter thus preserved should be of first quality and put up, according to climate, at the end of June or at the beginning of July, usually just after the first hay harvest. Keep in a cold dark place well covered. If at any time the brine gets a strong flavor, change brine, and make the new brine in the proportion of $3\frac{1}{2}$ pounds of salt to 1 gallon of water.

Preserving Eggs in “Water Glass”

“Water Glass” is a syrupy liquid which can be bought at the druggist’s or the grocery store, to preserve eggs. The eggs should be fresh and clean, and experience has proven that sterile eggs keep a much longer time than fertile eggs. Soiled eggs are not preserved.

First Method: For about 10 dozen eggs, take 9 pints of water and bring to a boil, let it cool until just lukewarm, then beat in with a wire egg-beater 1 pint of Water Glass. Let stand until chilled in a cold place, then carefully pour it over the eggs arranged in a clean vessel, which can be either a jar, barrel, or crock. Keep closely covered to prevent the evaporation of the liquid, and take care to keep the eggs thoroughly immersed in a cold, dark place.

Second Method: Make a solution as above, using 1 part of Water Glass to 3 parts of tepid water, then, using a wire basket holding a batch of eggs, immerse the eggs in the cooled solution to cover. Drain and allow the eggs to dry in a cold place. Repeat the same dipping until eggs are screened with the dried article. Carefully pack in a crock buried in clean, dry bran or sawdust.

Preserving Eggs in Lime and Salt*

For 15 dozen eggs, add to 3 pounds of unslacked lime about 1 quart of water and let stand until slack. Mix thoroughly with 3 gallons of water and 1½ pounds of salt, stir well, and allow it to settle. Pour off the clear solution and utilize it to preserve eggs.

Recipes for Cooking Cereals

Cereals and wheat products made into mush or gruels are rich in food value. They all contain protein and starch in different percentages. Oatmeal is the richest in protein, cereals are rich in starch, and cornmeal and oats are rich in fat, and as such are good fuel food; the latter are also entered in meals where only a small proportion of meat is used. Wheat products are rich in starch and mineral salts, and as such make a perfect food for children.

MUSH:

Use ½ teaspoon salt to each pint of water. Put the salted water in the top pot of a double boiler, and when boiling, beating constantly with a wire egg-beater, gradually dredge in the amount of meal that the liquid will

* Professor J. B. Hayes, A. E. S., University of Wisconsin.

absorb. Usually 1 pint of liquid will absorb $\frac{2}{3}$ cup of meal, although this is variable. When boiling again, stir constantly with a wooden spatula until the mixture has thickened, then finish cooking in double boiler until thick and soft.

FRIED MUSH:

Turn $\frac{2}{3}$ cup of grit hominy, cornmeal, etc., into 1 pint of boiling water with $\frac{1}{2}$ teaspoon of salt added, and cook until thick and soft, as directed in preceding recipe. When done, pour into a wet pan, in a layer $\frac{2}{3}$ inch thick, and let stand in a cold place until next morning. Cut into lozenges or squares, roll in milk and in flour, and fry in hot deep fat to a rich golden color. Drain on brown paper.

Recipes for Coffee, Tea and Cocoa

To make fine coffee, use a good brand and have it properly ground for the method desired. Always wash, rinse, and scald all utensils used in making coffee, before setting them away.

In the different methods of making coffee, the proportion of coffee to each cup of water should be governed by the strength desired. Of all ways of making coffee, the Drip Coffee method produces perhaps the smoothest beverage and the purest as to flavor.

The aromatic properties in coffee are entirely developed by the roasting given the green bean. The various shades of color of roasted coffee have very little significance as to the difference in amount of caffeine and tannin they contain.

The pungent and delectable, appetizing flavor of coffee lies in the caffeine it contains; the tannin is the objectionable element. It is desirable, therefore, to brew the drink in a manner that does not allow the water to stand too long a time in contact with the coffee grounds, as this will bring out the tannin, which, assimilated in the system, is undesirable and harmful.

The two methods recommended are the Drip Method and the Percolator Method. For the latter, directions are given when buying the percolator.

DRIP COFFEE (Breakfast or Ordinary Beverage):

Use $1\frac{1}{2}$ tablespoons finely ground coffee for each cup of water, or more coffee if a strong drink is desired. Put the coffee in a flannel bag, adjusted on a wire ring to hold the bag at top of the pot, so that bag does not come in contact with the dripped coffee as it accumulates in the pot. Pour the boiling water rapidly through the bag, and after a minute fill a cup with the dripped liquor and pour it back again through the bag; repeat a third time if needed. The first pouring extracts nearly half of the flavor and color, and two cups of the dripped liquid poured, under the boiling point, through the bag will extract most of the remaining flavor and color without much tannin.

CAFÉ NOIR (After-Dinner Coffee):

Proceed as directed for "Drip Coffee," but use at least twice as much coffee for the same amount of water.

TEA:

Put cold water in a kettle, bring to a boil, and boil 2 minutes. Scald the cleaned and rinsed teapot with hot water, pour out, then put in teapot, for a pint of weak tea, 1 teaspoon of tea leaves. Pour over boiling hot water, cover, and allow it to infuse 5 minutes. A too-long standing will render the tea strong and bitter.

Afternoon tea is served with thin slices of lemon. When making only one cup of tea, put a silver strainer on a cup, add $\frac{1}{2}$ teaspoon of tea leaves, fill the cup with boiling water, and let stand until the liquid has assumed the desired color; then remove strainer.

ICED TEA:

Put $1\frac{1}{2}$ teaspoons of tea leaves into the scalded teapot, pour over 1 pint of boiling water, allow it to infuse 5 minutes, strain the tea into a bowl, and when cold pour it into a glass bowl, then add cracked ice and 1 tablespoon or more of strained lemon juice.

BREAKFAST COCOA:

2 teaspoons cocoa $\frac{1}{2}$ cup boiling water
1 tablespoon sugar $1\frac{1}{2}$ cups, scalded skimmed milk

Stir the cocoa and sugar in a small saucepan. Continue stirring while adding half of the water, set over the fire, stir with a wooden spatula while adding the remaining water, boil 3 minutes, then beat with a wire egg-beater while slowly adding the hot milk.

Recipes for Fruit Beverages**LEMONADE:**

$\frac{3}{4}$ cup or 6 ounces sugar $\frac{1}{4}$ cup lemon juice, strained
 $\frac{3}{4}$ pint filtered water Iced water to suit

Boil the water and sugar until clear. Remove from the fire, and add the lemon juice. When cold, strain into a lemonade bowl, and add iced water to suit the taste.

Or, use Lemon Syrup and dilute with iced water.

ORANGEADE:

4 oranges, rind only, shredded $\frac{1}{4}$ cup lemon juice
1 quart 30° sugar syrup 3 quarts filtered water
 $2\frac{1}{2}$ cups orange juice

Add the orange rind to the hot syrup and let stand till cool. Add the fruit juice and the water. Strain into a freezer packed in salt and ice. Let stand 2 or 3 hours, occasionally detaching the ice adhering to sides of freezer. Serve in punch glasses.

FRUIT PUNCH, I:

3 cups filtered water $1\frac{1}{2}$ cups chopped pineapple
 $1\frac{1}{2}$ cups sugar 3 oranges, juice only
2 lemons, juice only

Boil the water and sugar until clear, add the pineapple, cook until tender, remove, and let cool, then add the fruit juice. Strain into a punch bowl, and dilute to suit the taste with filtered iced or mineral water. When ready to use add a piece of ice.

FRUIT PUNCH, II:

| | |
|-------------------------|--|
| 1 cup sugar | 1 cup grated pineapple |
| $\frac{3}{4}$ cup water | $1\frac{1}{4}$ cups Currant or Raspberry Syrup |
| 8 oranges | $\frac{2}{3}$ pint tea infusion |
| 5 lemons | 1 quart Apollinaris |

Boil the water and sugar till clear, then let it cool. Put the pineapple in a punch bowl, add the strained juice of oranges and lemons, and the chilled tea and Syrups. When ready to use, add the chilled Apollinaris and a piece of ice.

FRUIT PUNCH, III:

A few minutes before serving-time, turn into a bowl 2 quarts of frozen Orange Ice, and add, all thoroughly chilled, over the ice, the juice and diced pulp of 4 or 5 oranges and 4 quarts of ginger ale.

This drink is very nice in summer. As a variation, if available, substitute for the ginger ale 2 quarts of Sauterne.

STEWED PRUNES:

Soak the prunes over night. Bring them to a boil and slowly simmer till plump and soft. Add 2 tablespoons of sugar and boil 3 minutes. Pour in a bowl, and add a few drops of lemon juice.

Prunes hold 2.1 per cent protein, 73.3 per cent carbohydrates, 2.3 per cent mineral salt, 22.3 per cent water.

MILK TOAST:

Dilute very gradually $2\frac{1}{3}$ tablespoons of sifted flour with $3\frac{1}{2}$ tablespoons of water or milk, and strain. Put some water in a saucepan and pour it out. Pour in 1 pint of milk, add $\frac{1}{2}$ teaspoon of salt and scald over a moderate fire. Add the diluted flour and beat constantly with a wire egg-beater until thickened and bubbling. Remove to a slow fire where it slowly bubbles 10 minutes. Beat in a few bits of fine butter before dipping in pieces of toast, one at a time. When these are softened, arrange them on a hot serving dish, then strain over the remaining sauce. If preferred, the milk may be scalded in the double boiler as usual; but after the diluted flour has been added and mixture thickened, cook it, covered, for about 30 minutes.

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